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NOT ON BOARD

Alberta Health's discouraging message on kids and cycling has parent perturbed

metroNEWS

Micah Jones began biking when he was four months old with his mom Su-ying. An Alberta government website recommends he shouldn't have been riding — something his mom disputes. JENNIFER FRIESEN/FOR METRO

Uber quietly gets licensed

TRANSPORTATION

Rideshare giant authorized to operate under current laws

Helen Pike
Metro | Calgary

Uber is officially allowed to operate in Calgary.

On Wednesday, Metro learned that rideshare giant Uber had applied, and been granted a transportation network company (TNC) licence to operate under the current bylaw.

Earlier this year when Calgary's vehicle for hire bylaw was amended, Uber adamantly told media, city administration and the mayor that it wouldn't cut it in their business model, and needed to be changed.

"As the bylaw currently sits it breaks the whole model," Uber said at the time.

Mayor Naheed Nenshi accused the company of crying wolf, stating they would, and could operate under Calgary's rules. He told reporters the company had many opportunities to suggest an alternative — as long as it didn't mean taxpayers subsidizing Uber's operations.

On Wednesday, Coun. Evan Woolley said there are ongoing discussions to make tweaks in the bylaw.

"Their application and approval as a TNC are steps they have to take," said Woolley. "The real challenges remain in some of the ongoing barriers in terms of their drivers who have to get licences as well."

Uber is still sticking to their guns, telling Metro it's still "unclear if the necessary amendments that would allow ridesharing to operate in Calgary will be brought to City Council."

According to city spokeswoman Mary Ann Houston, drivers aren't yet licensed to operate but have applied. Once they're licensed to drive, operators will have to apply to get the court injunction against them lifted.

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Bye-bye Blackberry: A walk down memory lane. **Business**

Nutritionist calls for action on nearly decade-old food guide

FOOD

Understanding of healthy diet and lifestyle has changed

Josie Lukey
For Metro | Calgary

Take the information in the Canadian Food Guide with a grain of salt, according to Michal Ofer, nutrition consultant and digestive expert at Achieve True Health — and she's not the only one calling for change.

The latest edition of the Canadian Food Guide was released almost a full decade ago, and Ofer said with new research in the past few years, the understanding of a healthy diet and lifestyle has changed.

"It's not up to date with current research and current information, and it's instilling an eating behaviour that is not the foundation of health," she said.

Other experts, like obesity expert Dr. Yoni Freedhoff have expressed their disapproval of the guide. In a CBC article, he stated the current guide is "fully broken," and "a very poor piece of guidance."

Rebecca Gilman of Health Canada said that the guide is a tool aimed at defining and promoting healthy eating for Canadians. The dietary instruction in the guide underpins many nutrition and health programs across the country in school food guidelines and education initiatives.

Nonetheless, Health Canada is in the process of concluding a review of the evidence base for the current guidance, including how it is being used by health professionals educators and consumers.

But Ofer said change needs to happen, as the current guide tells Canadians they are going to experience health benefits, that are actually filled with bad principle.

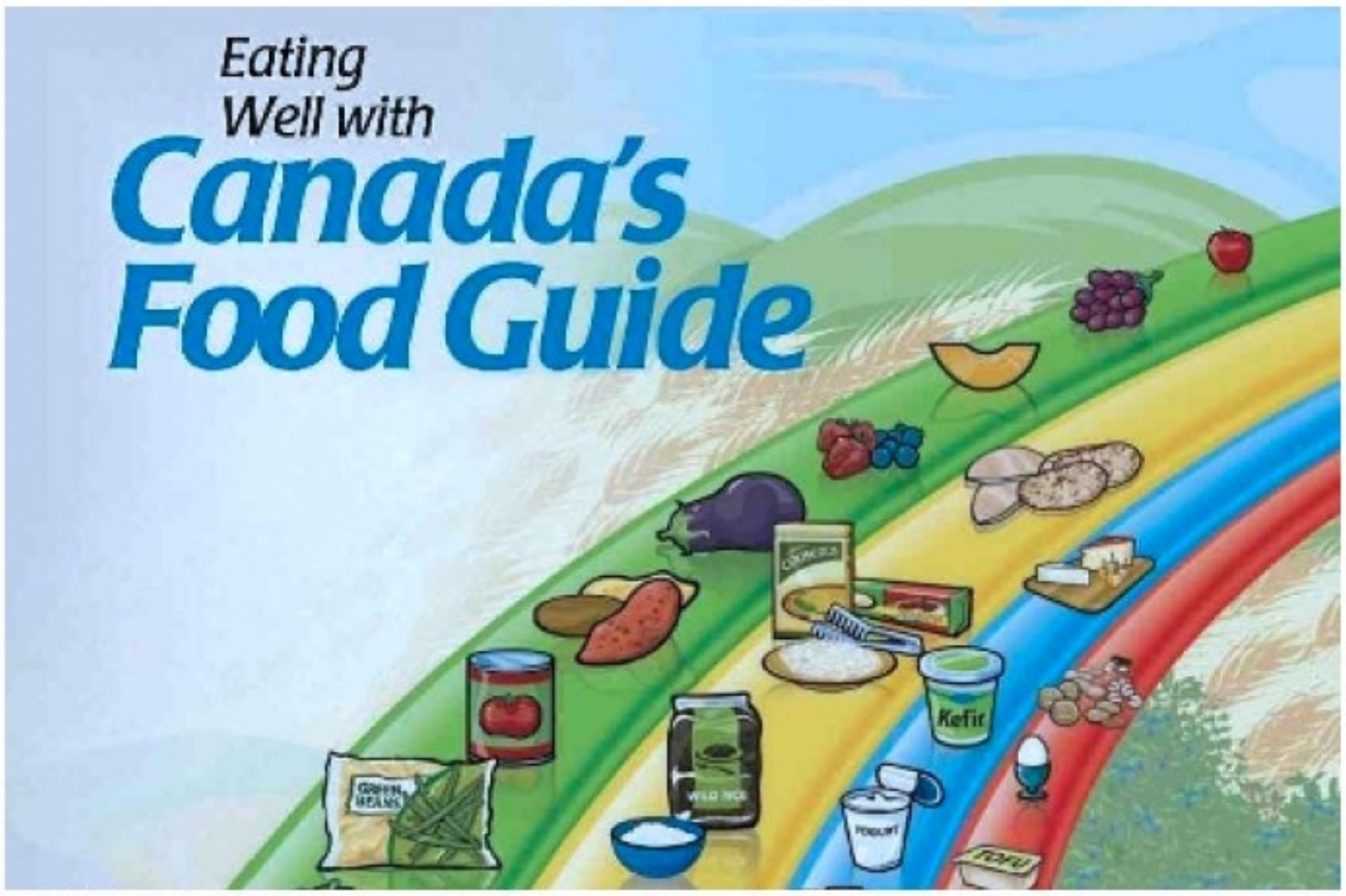
"As a nation, we're getting fatter and sicker so something is amiss, and it's easy to say it's personal responsibility and this and that, but I think it starts with what we're taught is healthy," she said.

Nonetheless, Ofer said the key to a healthy diet is to focus on whole foods, predominantly lots of starchy vegetables that grow above the ground with just a sprinkling of fruit.

FOOD TO AVOID

Michal Ofer said that people should be eating foods, that Mother Nature has provided us wholly, not by manipulating its properties. According to Ofer, some foods you should stay clear of are:

- Lean proteins
- Low-fat dairies
- Grains
- Fruit juices
- Packaged and processed foods



Michal Ofer said that if the Canadian Food Guide isn't promoting a wonderful life, what is it promoting? COURTESY HEALTH CANADA

> It's not up to date and it's instilling an eating behaviour that is not the foundation of health.
> Michal Ofer

CARBON LEVY

Nenshi asks for Notley chat

Helen Pike
Metro | Calgary

As the province pushes through with their planned carbon tax, municipalities like Calgary are piling on concerns.

Last week, council asked the city to come up with all and any question marks when it comes to the carbon tax, which will add a levy to major fuel types, affecting households as well as municipalities operational costs.

As Premier Notley dismisses the tax's effect on the provincial economy, Calgary's mayor reminded the province municipalities will be hurt when the levies are imposed in 2017.

The City of Calgary estimates this will cost them millions in the first year.

"I don't understand why the provincial government refuses to have a conversation with municipalities on this issue," said Nenshi.

ETHICS COMMITTEE

All-party body files report

Alberta's fractious all-party committee on improving ethics in government has officially wrapped up its work.

The committee filed its report today on the last day of its one-year mandate. The committee recommended changes to whistleblower protection rules.

The panel has asked the legislature to extend its mandate to allow it to complete its review of the Election Act with respect to financing and conflict-of-interest laws, which it did not finish. THE CANADIAN PRESS

Redevelopment plans for a large section of Airdrie's downtown are in question now that the public has gotten wind of the project costs - an estimated $83 million. The plans were made in private before being revealed in early September. COURTESY MARNIE MARR

Secrecy cost council goodwill, expert says

AIRDRIE

Province insists city's private real estate firm is legal

Brodie Thomas
Metro | Calgary

Airdrie's city-owned corporation is above the board according to the province, although one political expert said its private nature did more harm than good.

Citizens in Airdrie are angry that a private city-owned corporation came up with plans behind closed doors to redevelop city-owned land and buildings — including city hall and the library — without public consultation.

The city has pushed back a council approval date in order for more public consultation to take place.

The board of Airdrie Main Street Real Estate Inc. (AMSQ) is comprised of the city councillors and mayor, plus the city manager and the city's director of finance.

Because it's a private corporation, AMSQ's operations are not subject to the same rules of transparency as city council.

But the board is not out of the ordinary according to Government of Alberta spokeswoman Shannon Greer.

"Another example of a municipally controlled corporation for the purposes of property management and land development is the Calgary Municipal Land Corporation," said Greer in an email. "The Town of Drumheller also has a similar entity."

> **"It looks like something is going on that shouldn't."**
> Lori Williams

She said the Municipal Governance Act does not prohibit putting council and city staff on the board, although she added the province is currently reviewing that act.

Mount Royal political scientist Lori Williams said the city probably lost a lot of good will with citizens by keeping details out of the public eye.

"What people do know is that this organization is involved in creating public space at public cost and that it's governed by public officials, and yet they can't get more information on it," said Williams. "It looks like something is being hidden. It looks like something is going on that shouldn't be going on. And in politics, appearance is extremely important."

She said there are always certain numbers that might need to be private, like leasing arrangements, but the overarching details could be better explained.

"It begins to look very bad," said Williams.

POLICING

Force has no image issue: Chief

Lucie Edwardson
Metro | Calgary

Calgary's police chief said despite low numbers depicted in a recent survey, he doesn't believe the CPS has a public image problem.

On Wednesday, a Mainstreet Research poll, conducted for Postmedia, found nearly half of Calgarians are wary of the police's performance — a stark difference from the Calgary Police Commission's (CPC) annual community survey, which for 2015 showed a 95 per cent citizen satisfaction rating.

Chaffin said he believes the numbers in the most recent poll are indicative of what he believes will also be shown in the upcoming CPC poll: the force needs to work on public trust and confidence.

"I still strongly believe our members are still very well represented in our community," he said. "The image problem you're seeing is around this idea that people are demanding more from policing. They want to know we're exhausting our ability to be the most professional, transparent, accountable type policing that matches their expectations to a safe community life — and we're doing that in a pretty tough environment right now."

Calgary mayor Naheed Nenshi is hoping police can understand what he says is part of a North-American trend.

"We've had a number of incidents here in Calgary that, for some people, have shaken that trust a little bit," said Nenshi.

This year's 2016 survey is expected to come out in October. But in a release issued Wednesday, the Commission noted a stark difference between the recent independent survey, and their own annual community check-in on public perceptions of police. WITH FILES FROM HELEN PIKE/METRO

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Man saves stuck skunk

ANIMALS

Dean Hill pried peanut butter jar from skunk's head

Helen Pike
Metro | Calgary

It appears all across Canada, skunks are getting in fights with your recycling.

It's not just a skunk in Orillia, Ont., having trouble seeing with a Coke can stuck to its head — a Calgary skunk also found itself in a pickle with a peanut butter jar jammed on its head.

Early Wednesday morning in Renfrew, Dean Hill's wife spotted a skunk walking along the road by the curb with the jar affixed to its noggin.

He wasn't sure what to do.

After phoning 311 with the City of Calgary, Hill's wife was informed they would have to reach out to Alberta Fish and Wildlife.

"It was kind of crossing the street because it couldn't see where it was going," Hill said. "We didn't want to leave it, but we didn't want to get sprayed."

A Calgary man intervened and pulled the peanut butter jar from this **sorry-looking skunk's** head before the animal got a taste of the pecking order. COURTESY @KELLYCRYDERMAN

Then, the skunk's situation took a turn for the worse, and Hill knew he had to act.

"All these magpies started flying around it — they knew something was up," Hill said. "We couldn't leave him, he was going to get pecked to death."

> **I was thinking 'don't spray me, don't spray me.'**
> Dean Hill

Luckily, the skunk sought refuge under a parked car, where Hill could reach with just enough room to pull the jar off his head.

"It was a little nerve wracking," Hill said. "I was thinking 'don't spray me, don't spray me, don't spray me,' but at that point I think he was so placated, I don't know how long he had it on."

It took a good yank to get the skunk free, and the minute the jar was in Hill's hand he ran back to avoid the spray — but looking back the skunk seemed dazed, still sitting under the car.

The Fish and Wildlife website gives advice on how to deal with skunks on your property, and notes a call to an officer is always an option if citizens need advice.

CLIMATE CHANGE

Forest fire risk growing

A new government report says that by the end of this century a changing climate is expected to at least double the area burned each year by forest fires in Canada.

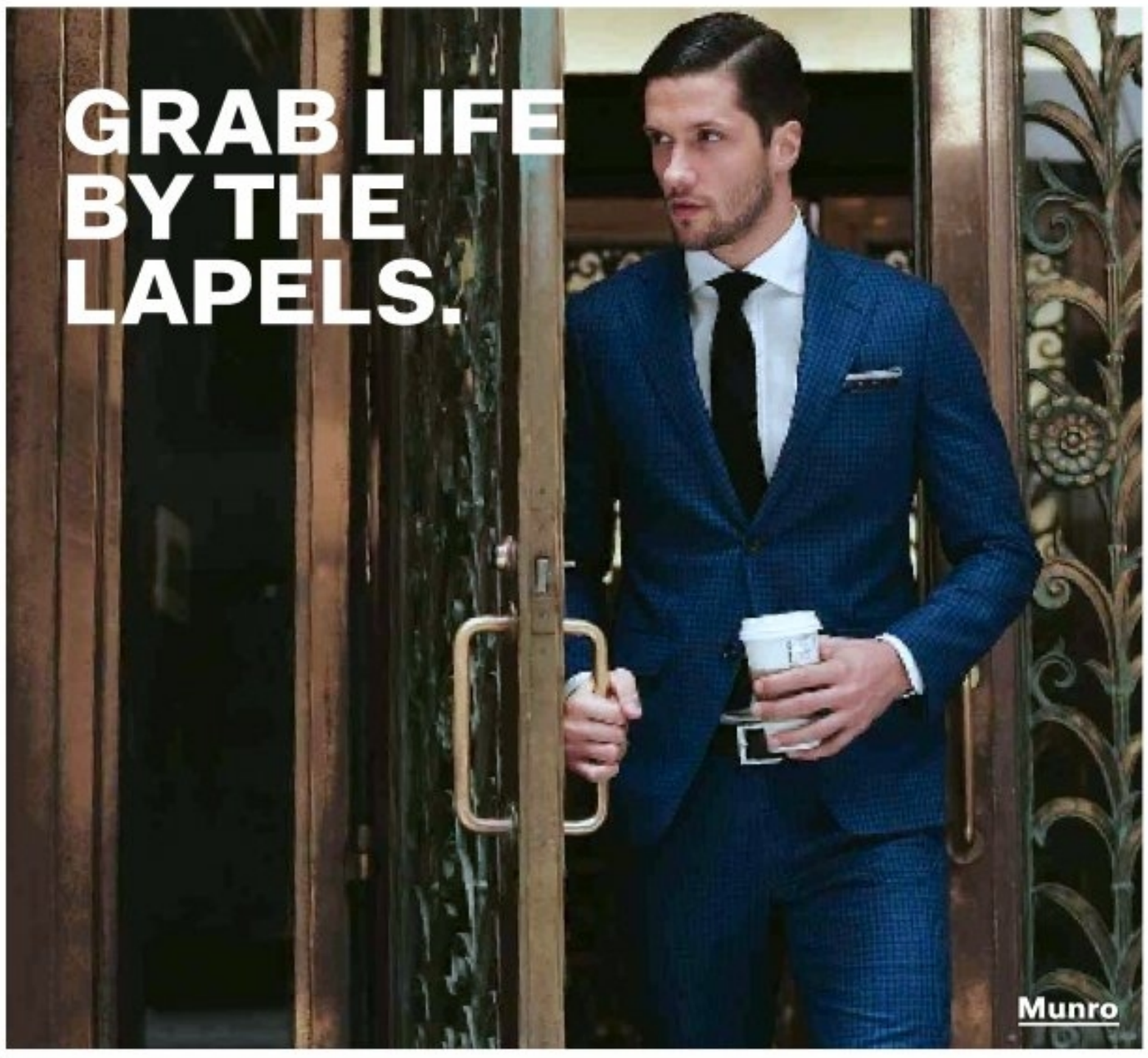
The 2015 annual forest assessment by Natural Resources Canada says a warming climate will contribute to a 50 per cent increase in large fires, new tree diseases and more insect infestations.

"Climate change is gradually imposing an increasing trend on forest fires, a trend that is partially masked by the large variability of this disturbance," says the report.

The study builds on a body of scientific evidence that became politically charged last May when a massive wildfire forced the evacuation of the northern Alberta oilsands hub, Fort McMurray.

The Fort McMurray fire ended up covering almost 590,00 hectares of boreal forest and is expected to total more than $3.5 billion in insured losses.

THE CANADIAN PRESS



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Julia Castillo said the response so far has been positive, both in the effort to encourage voter outreach and also in the interest in voting in this year's elections. JOSIE LUKEY/METRO

Gearing up to vote abroad

U.S. POLITICS

Consulate hosts event to urge Americans to register

Josie Lukey
For Metro | Calgary

Anne Ostlund watched the U.S. presidential debate on Sept. 26 for only 20 minutes before changing the channel out of frustration. Which is why Ostlund is registering to vote, even though she has lived in Canada for 20 years and has not voted in the past.

"This particular election is important; there is one candidate I absolutely don't want to have on the seat," said Ostlund.

In an effort to stimulate Absentee Voting Week, the U.S. Consulate in Calgary hosted an information session that encouraged Americans living in the city to get information on state-by-state registration and to register to vote.

According to Julia Castillo, vice consul of the Consulate, the event strived to give enough lead time before the Oct. 10 voter registration deadline.

"We encourage people to seek information to be informed voters, but our purpose here today is just to make sure that people know that the elections are coming up, how to go about registering to vote from abroad and that they have the resources here available so that they can register," said Castillo.

The event was comforting for Ostlund, who said the main reason she hadn't voted in the past was because of little guidance in the process.

"You're sort of left in the dark," she said.

Nonetheless, Castillo said feedback is important in helping remind Americans that there are options out there to help, but it's important Americans abroad make the effort.

"Go out and vote. No matter where you are, if you are an American citizen, you should register and you should vote," said Castillo.

Americans abroad can register to vote by filling out a federal post card application, which will get them an absentee ballot to fill out and send back.

More information can be found at fvap.gov.

> **This particular election is important; there is one candidate I absolutely don't want to have on the seat.** Anne Ostlund

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The city's long-term recommendation to improve **Crowchild Trail** includes lowering the grade of the thoroughfare so it goes under Kensington Road, pictured here, and 5 Avenue NW.
JENNIFER FRIESEN/FOR METRO

This artist's conception shows the **long-term plan** of lowering the grade on Crowchild Trail so 5 Avenue NW can pass over top. COURTESY CITY OF CALGARY

Your commute may get easier

ROADS

Crowchild Trail study project moves forward

Brodie Thomas
Metro | Calgary

If you cruise home on Crowchild, your drive could go much more smoothly by the end of the decade.

The city is now in the fifth phase of its six-phase study, and it's once again asking Calgarians to weigh in on the draft recommendations, which will go to city council this fall.

Crowchild Trail study project manager Feisal Lakha said in the short term, the bottleneck at the Bow River will be alleviated by widening the bridges over the Bow.

"If council approves funding for the project, we will be ready for construction in the spring of 2017 with an estimated timeline of two years to completion," he said. "What we're able to do by adding lanes on the bridge — we're helping alleviate the lane drops and adding the continuous lanes all the way through"

He said someone getting onto Crowchild northbound from 17 Avenue SW would no longer have to jump over two lanes to avoid the exits to Memorial Drive once the bridge is widened.

> **We're helping alleviate the lane drops.**
> Feisal Lakha

Other short-term measures could include the elimination of certain left-hand turns during peak hours.

The other thing causing bottlenecks — lights on Crowchild at 24 Avenue NW, 5 Avenue NW and Kensington Road — could also become a thing of the past as part of long-term plans with a 10-year timeline.

The grade of Crowchild Trail would be lowered at Kensington through to 5 Avenue, and those roads will continue at their current grade over Crowchild.

Drivers would see an overpass at 24 Avenue NW, eliminating the lights at that intersection for drivers on Crowchild.

Lakha conceded that long-term work would cause delays during construction.

"There's no doubt that construction of that piece for roadway is complex," he said.

The long-term plan will impact about 30 properties, both homes and businesses. The impacts could range from taking a small section of property for road expansion to taking an entire property.

Randy Ahl, owner of Abom Ski and Board on Crowchild, said the city has consulted with him and his business quite a bit. He was not aware of plans to lower the grade of the road.

"That's a huge concern for us," he said. "We do have nice access here from Crowchild. There's a lot of concern if they start changing the grades and the way people get around the intersections."

THE PLAN FOR CROWCHILD TRAIL

Short term
Immediate plans have the city adding two lanes to the bridges over the Bow River.

Long term
Plans would include lowering the grade on Crowchild Trail so it can pass under Kensington Road and 5 Avenue NW.

Additional information
More information about the draft recommendations and public consultation times can be found at calgary.ca/crowchild.

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Police reflect on early refugee outreach

OUTREACH

Support group says police put newcomers at ease

Lucie Edwardson
Metro | Calgary

The Calgary Police Service said they would have done a couple of things differently when greeting Syrian refugees nearly a year ago.

Superintendent Tammy Pozzobon presented the report to at the Calgary Police Commission meeting Tuesday, reflecting on a year of developing relationships with the refugees who have landed in Calgary this past year.

When questioned what they would do differently now, Pozzobon said she believes meeting them at the airport might have been too overwhelming for the refugees.

"We might have got involved too soon," she said. "Meeting them at the airport and being right in their face maybe wasn't the best idea because of their interactions with police back home."

But, Sam Nammoura, co-founder of the Syrian Refugee Support Group Calgary, said in his opinion the refugees have really benefitted with from their immediate introduction to Calgary's police officers.

Nammoura gave on example of when he invited a police officer to come meet newly arrived refugees. He said when the officer first arrived everyone hung back, not really engaging with the officer, but by the end of the conversation the gap had closed.

"In the beginning they were intimidated, they were afraid—based on what their previous experience has been with policing," he said. "But by the time he left, the refugees felt so comfortable, so themselves, that they even started to touch his badge."

Nammoura said that quick exchange had the best outcome possible, and in his opinion was more effective than a gradual introduction.

"When the officer walked into the hotel and the refugees realized there was no trouble and he was there to see them, it changed their perspective," he said.

Both the CPS and Nammoura agree that the relationship between Syrian refugees and police in Calgary has been very successful so far.

Pozzobon said it's hard to measure the success in such a short time, but said with continued commitment from their community resource officers they expect the good relationships to continue.

Wildrose Energy Critic Leela Aheer called on the Alberta government to release an analysis of the carbon tax's effects on the economy. JEREMY SIMES/FOR METRO

PROVINCIAL POLITICS

Carbon tax impact study under wraps

Jeremy Simes
For Metro | Calgary

The Alberta NDP government is refusing to release a study showing the economic impacts of the carbon tax, despite demands to do so from the opposition Wildrose.

On Wednesday, Wildrose Energy Critic Leela Aheer said Albertans have a right to know the implications of the carbon tax via the government's own experts.

"It's an absolutely imperative aspect of making sure that Albertans understand where that carbon tax is going to go," Aheer said. "These are Albertans' hard-earned dollars."

But Premier Rachel Notley's spokeswoman Cheryl Oates said the Climate Change Leadership Plan will have a positive affect on the economy, adding the data can be seen on page 60 in the government's 2016 budget.

On page 60, the government predicts the GDP will rise to just more than $316 billion by 2017 in 2007 dollars, a 1.6 per cent increase from $311 billion (2007 dollars) in 2016.

However, that page doesn't mention the carbon levy and the specific economic impacts associated with it.

Aheer said the NDP's policies will be detrimental to the economy, noting the minimum wage hike, carbon tax and its legal battle over the 'Enron clause,' which lets power companies back out of contracts if they become more unprofitable.

"These policies are hurting the livelihoods of families right across this province and it's time the NDP be honest with Albertans about the full costs of their risky economic agenda," she said.

The province has said economists agree with its plans to increase the minimum wage and enact the carbon levy.

As for the 'Enron clause,' the government has said it's unfair for energy companies, making $10 billion in profits, to offload the contracts to taxpayers at a cost that could be $2 billion.

The government's carbon levy will come into effect in the new year. Low- and middle-income families will be rebated to offset the impact. It will pay for renewable energy projects, green infrastructure and the small business tax cut.

> **These are Albertans' hard-earned dollars.** Leela Aheer

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FENTANYL

Naloxone spray new police tool

Lucie Edwardson
Metro | Calgary

The Calgary Police Service plans to add another tool to their officers' belts in the near future that would help them in the fight against fentanyl.

Tuesday, at the Calgary Police Commission (CPC) monthly meeting, Calgary police chief Roger Chaffin said police agencies across the country, including Calgary, will be arming officers with a naloxone nasal spray.

Naloxone is an antidote that can reverse opioid overdose effects but is usually administered with a needle.

"You wouldn't just throw them (needles) at police and say start injecting people," said Chaffin.

He said the nasal spray is a good alternative to needles that would allow CPS members to help overdosing addicts — or utilize themselves should they come in contact with drugs like fentanyl — should an ambulance be too far away.

Chaffin said as this is a federal release and a growing issue across the country, police agencies all over Canada will be using the spray.

> **You wouldn't just throw them at police and say start injecting people.**
> Police Chief Roger Chaffin

Micah Jones enjoy his mom Su-ying Lim's bike rides as they travel around Calgary. JENNIFER FRIESEN/METRO

Cycling advice upsets Calgary bike mom

ROAD USE

Government website called 'ludicrous' over cycling fears

Jeremy Simes
For Metro | Calgary

Four-year-old Micah Jones was on a two-wheeler long before a tricycle. So his mom, Su-ying Lim, was grinding her gears Wednesday after a discouraging Alberta Health article surfaced on social media.

The article, posted on myhealth.alberta.ca, recommended tots under four shouldn't be on a bike carrier or trailer when their parents are cycling. Micah was four-months old when he had his first bike ride. He had a stable neck and was wearing safety gear.

The website also suggests kids not ride bikes on the street until they are 10, warning parents of the many dangers, like busy streets, uneven roads and bad weather.

Lim said she felt the article was written by someone who had never biked.

"I find it was kind of ludicrous," Lim said. "A lot of us bike with kids because it's more convenient and we sometimes don't have a choice."

She said Micah was soothed by bike rides. Plus, if she needed to feed him, they could easily get off and sit on a bench for a few minutes — something you can't really do when you drive.

> **A lot of us bike with kids because it's more convenient and we sometimes don't have a choice.**
> Su-ying Lim

"It was so convenient and easy. It was really fun," she said. "I used to take him on the pathways all by myself, and now that the tracks are up, we can go downtown."

But Lim had to stop reading the government article when it said, "Do not ride with your child on busy streets, even where there is a bike lane."

She said bike lanes are the safest way for cyclists to travel, adding far more severe injuries could potentially happen in car crashes.

"It feels like a lot of people think cars are so much better, but they're really not," she said. "It's stressful to drive and me and my family actually get to talk to each other when we cycle."

NDP MLA David Shepherd has since shared his concerns over the website with Health Minister Sarah Hoffman who, according to her spokesman Timothy Wilson, will revise it.

Lim said she hopes future language on the website is more encouraging.

"Biking is really good for everyone's health."

MUNICIPALITY

Mayor scolds council over Olympics politics

Helen Pike
Metro | Calgary

Calgary's Mayor isn't convinced by suggestions of bias concerning the city's Olympic bid exploration committee.

After councillors sounded alarm bells about the committee's council-granted powers, the Games-loving Naheed Nenshi makes no bones about calling his political colleagues out.

"Council very clearly, to avoid political interference, voted to allow this committee to be chosen by administration," said Nenshi. "For some members of council to now try to interfere, that's not what you voted for."

As for the questions board's ability to see through the nostalgic Olympic haze, Nenshi said he hasn't heard any convincing arguments that there may be bias.

"The only argument I've heard is if you're an athlete, you can't be objective, or if you happen to be a woman who is one of the biggest leaders in our energy sector you are only a mouthpiece for her dad," said Nenshi. "That's offensive."

> **Council very clearly voted to allow this committee to be chosen by administration.**
> Naheed Nenshi

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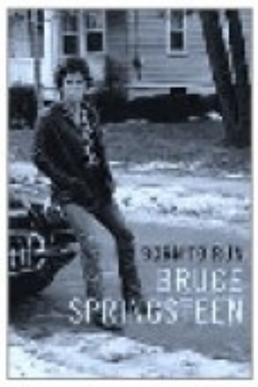

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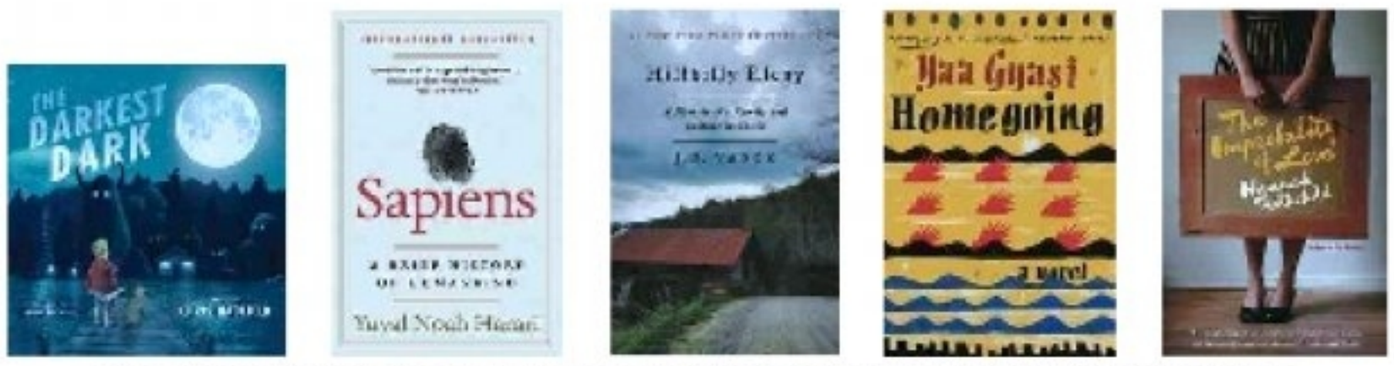

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David Pickersgill named city's citizen of the year

COMMUNITY

Sask. native honoured for his work with youth

Mathew Silver
For Metro | Calgary

Citizen of the Year is an impressive billing. So much so, that one might be pressed to find a candidate befitting the title.

But David Pickersgill is different.

The native of Regina, Sask. has served with Big Brothers Big Sisters of Calgary and Area (BBBS) since 1994, so when he received the honour at the 2015 Calgary Awards on Wednesday evening, you got the sense that his award was in good hands.

Citizen of the Year is given to an outstanding citizen who has made an extraordinary contribution that has improved the quality of life in Calgary, and Pickersgill has done just that as a board member and mentor in his over 20 years with BBBS.

"On a personal note, it's very humbling. On a different note it's a great opportunity and acknowledgement of the importance of the children in our community," said Pickersgill.

After leaving the corporate world in his 50s, Pickersgill was in search of his true passion. He wanted to help kids that have been short changed on parenting, and that lead him to get involved with numerous child-serving organizations across the country.

David Pickersgill (centre), celebrated winning Calgary's Citizen of the Year award on Wednesday night, along with his daughter-in-law, Kathryn Pickersgill, and his wife, Pam Pickersgill. JENNIFER FRIESEN/FOR METRO

> It's very humbling. On a different note it's a great opportunity and acknowledgement of the importance of children. David Pickersgill

Pickersgill currently mentors a 10-year-old student. Whether he is baking cookies or playing board games, he said that the impact that he can have on young lives is tangible.

"The difference is magic. Constantly you are seeing things through the eyes of a child. I get as much out of it as he does," said Pickersgill.

He added that mentoring has helped him to age more slowly, carefully avoiding the cliché that it keeps him young.

"He's one of the most inspiring Calgarians I've ever met," said Karen Orser, President and CEO of Big Brothers Big Sisters of Calgary and Area. She noted that he also serves as a mentor for many staff members.

"He has a very gentle and calm way about him. He's just wise."

BBBS reaches over 2,000 children and youth — and as many volunteers — in Calgary, Airdrie, Cochrane, High River and Okotoks.

AWARDS

Here is a quick rundown of the other major recipients at this year's awards ceremony.

Signature Award: Recipient: Richard (Dick) F. Haskayne has made a significant endowment to the University of Calgary's business school, along with contributions to Alberta heritage and arts and culture.

W.O. Mitchell Book Prize: Eugene Stickland's debut novel, The Piano Teacher, depicts the life of a lonely musician whose reclusive life compounds his solitude.

Grant MacEwan Lifetime Achievement Award: Edward J. (Ted) Valentine has come to be known as a man of great integrity and achievement, and taken his immense success to endow worthwhile causes like Inn from the Cold and Feed the Hungry.

COMMUNITY ACHIEVEMENTS

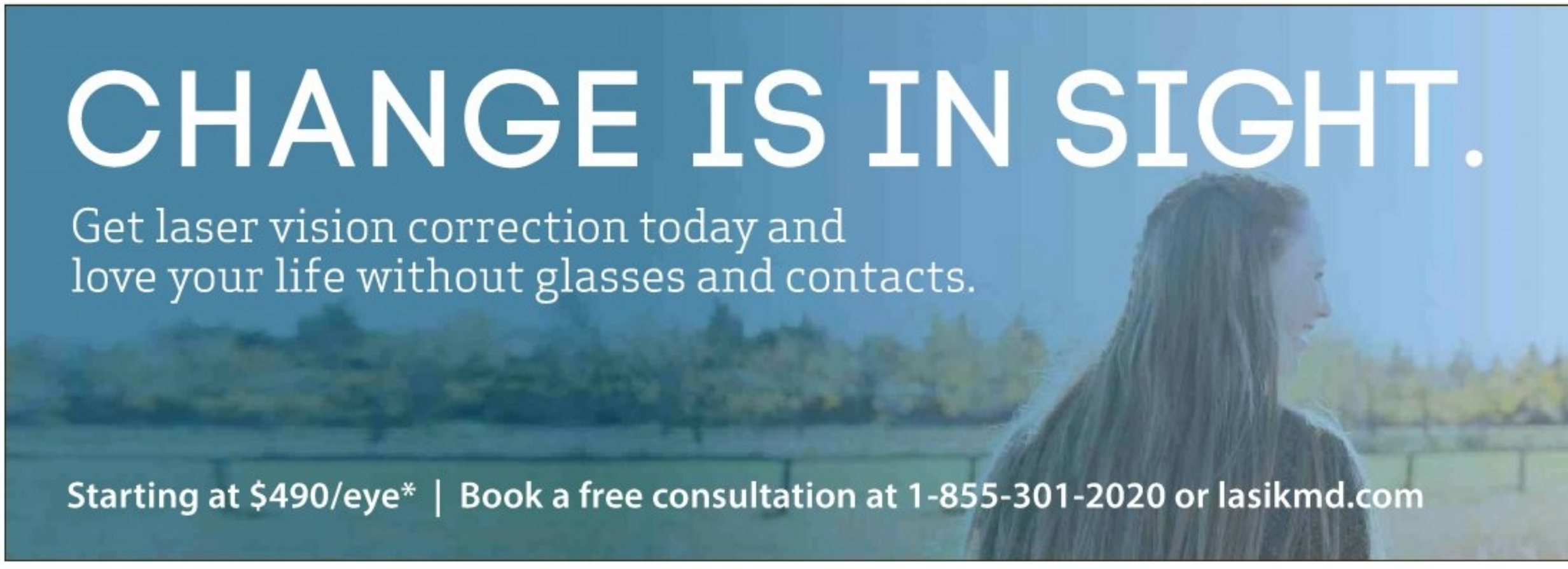
Arts: Linda Kundert-Stoll

Community Advocate: Patricia McLeod

Education: David Werklund

Heritage: Harry Sanders

Youth: Andrew Min



EMERGENCY SERVICES

Fire station moves to multi-use home

Helen Pike
Metro | Calgary

Calgary's emergency services opened a new multi-purpose fire hall with much fanfare — mostly created by their own parade of blaring emergency vehicles.

On Wednesday, community members crowded into their new local fire hall — something the CFD's old house (yes, a fire hall in a home) wouldn't have allowed for.

The $17 million building has environmental perks, including the city's first rain garden, solar panels, a green roof and a water management system. It will serve as a facility for the city's fire, police, bylaw departments while also leaving room for EMS, and a public community room.

Mayor Naheed Nenshi and Calgary Fire Chief Steve Dongworth ring the station bell, letting the firefighters know their first shift in the new building started.

"We've been investing in community infrastructure to accommodate the extraordinary growth we've seen," said Nenshi.

"One of the things about newer neighbourhoods in the community is often there aren't gathering places for them ... we grow so much we really hadn't kept pace with community facilities."

The mayor noted the new building is an efficient and cost-effective way to run a host of services, and will soon be complemented by a recreation centre next door.

Before the station was built, a fire station within a house served Rocky Ridge and Royal Oak, something Chief Steve Dongworth said was limiting.

"You don't have the flexibility in a house if you want to add equipment," Dongworth said.

At the new facility, the CFD has room to grow, with options to add more equipment, a taller or heavier truck, and can even store extra if need be.

Calgary's Mayor Naheed Nenshi stands in line with CFD chief, and community leaders to open the city's newest fire station. HELEN PIKE/ METRO

Karlee Mctavish (left), show-runner, Logan Cameron (centre) and Kyle Lovstrom, co-hosts, celebrated the 100th episode of Late Night at the Plaza on Wednesday night. JENNIFER FRIESEN / FOR METRO

Late Nights at Plaza

STAGE

Calgary artist talk show celebrates two years

Aaron Chatha
Metro | Calgary

If Late Night at the Plaza were a TV show, it would have just hit the sweet spot for syndication — reaching 100 episodes this week.

But the only way to see the bi-weekly show is to come down to the Kensington Plaza Theatre every other Wednesday. Since 2014, the show has put the spotlight on local artists, to highlight the best Calgary has to offer.

"One day I was watching a 15-hour marathon of Jimmy Fallon, just depressed," laughed co-host Logan Cameron. "It just popped in my head. We have the theatre — I work there as the manager of the Plaza as well — so why don't we do something?"

The show functions a lot like a late night show — there's a new band every week acting as the house musicians, and there are regularly fun bits mingled with the guest interviews, like stand up comedians or dance routines.

It's 100 per cent volunteer based, and the group is beyond thrilled Calgary has supported them so long.

"I think it's really edgy and very out-of-the-box things, and we have a great creative crew ... so we can dissect stuff and give it back to Calgarians in a way it makes sense," said front of house manager Kaylene Mctavish.

Looking back, there's a lot of be proud of. Cameron said one of his favourite interview subjects was Gavin John, a journalist who has travelled around the world.

Mctavish said the show reached a turning point with their first Pride episode — which had incredible decorations and dancers. "Calgary really showed up for that one, and I think it really shifted the way we hosted our show," she recalled.

For their 100th episode, they brought up comedian Chris Gordon and Calgary's 'Creep Catcher' Dawson Raymond.

It demonstrates how the scope of the show has evolved – each show is more of a production, and the range of guests includes notable Calgarians.

Cameron said his dream guest would be Mayor Nenshi, who has yet to appear on the show.

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Service dog has to go

MANITOBA

Alzheimer's patient not allowed to keep helper in condo

The Manitoba Human Rights Commission is investigating a complaint about a woman with Alzheimer's being told by her condo board that she can no longer keep her specially trained dog.

Donna Davidson's son Murray says he trained the sheltie named Kaos to lead his mother to and from her husband's care home.

Kaos — a sheltie like this dog — leads Donna Davidson to and from her husband's care home. TORSTAR NEWS SERVICE

Murray Davidson says the dog has been registered with Service Dogs of Canada along with a doctor's note stating the necessity of his mother having the animal.

The condo board says they have a strict no-pets policy and don't believe Kaos is a legitimate service dog.

The human-rights commission says for an animal to be considered a service dog, it must be trained to assist a person with a disability and the work performed by the dog must be directly related to its owner's physical or mental disability. But they do not have to be accredited by any specific organization.

"In Manitoba, there's no regulated scheme to identify and certify service animals," says commission executive director Isha Khan.

Murray Davidson says the dog is crucial to his mother's safety.

"I just feel better knowing that if she's out anywhere, the dog knows how to get home, and she will always get home," he says.

THE CANADIAN PRESS

EQUALITY YOUNG LEADING THE YOUNG Actor and United Nations Women Goodwill Ambassador Emma Watson meets with Prime Minister Justin Trudeau in Ottawa on Wednesday to kick off the One Young World Summit. Watson congratulated Trudeau on his gender-equal cabinet. ADRIAN WYLD/THE CANADIAN PRESS

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ONTARIO

Syrian expert averts wedding day disaster

Rebecca Chiu
Metro | Toronto

Just four days after arriving in Canada, a Syrian refugee found himself saving the day for one Ontario bride.

Jo Du was getting ready for her wedding day in the city of Guelph when the zipper of her dress broke. Of course there was a tiny bit of panic, but photographer Lindsay Coulter says the women were surprisingly calm.

Du and her now-husband Earl Lee had decided to rent a home to house their friends and family visiting from China. No one knew what to do or where to go.

That's when Coulter sent a bridesmaid to a nearby neighbour to see if someone could supply pliers to help fix the snagged zipper tooth. But they did better.

"A very nicely dressed woman in a bridesmaid dress came running up the street, asking for our help," David Hobson said.

Hobson had just welcomed a family of Syrian refugees from Turkey into his home and knew there was someone who could help. Ibrahim Halil Dudu happened to be a master tailor for the past 28 years in Syria. He arrived with sewing kit in hand.

There were two ways to deal with the broken zipper, said Coulter. Either replace it completely, which there wasn't exactly time for, or another choice.

"He basically sewed her right into the dress," she said.

Halil Dudu was happy to lend a hand. "I was so excited and so happy to help Canadian people like other people helped me," he said.

Last Wednesday, Ibrahim Halil Dudu arrived in Canada. On Saturday, he saved the day. LINDSAY COULTER PHOTOGRAPHY/LINDSAYCOULTERPHOTO.COM

POPULATION

Refugees bump up nation's numbers

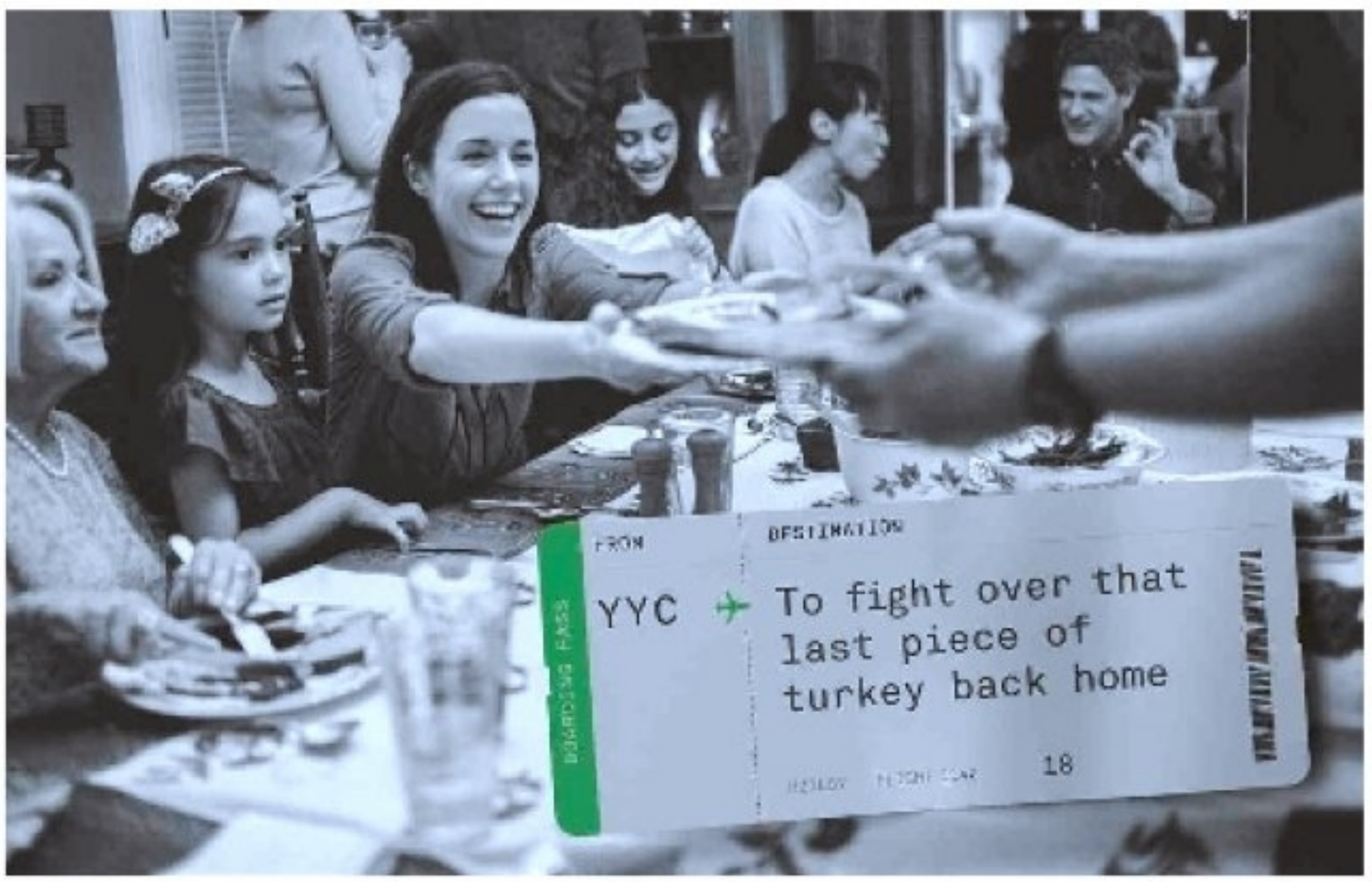
Statistics Canada says a record number of immigrants arriving in the last year helped push the country's population to an estimated 36,286,425 as of July 1.

The agency says the country recorded an overall increase of 437,815 people, or 1.2 per cent, during the 2015-16 year. Such an increase in absolute numbers hasn't been seen since 1988-89.

The overall rise was driven by the arrival of 320,932 immigrants. The report says the influx of Syrian refugees — more than 30,000 since last November — helped boost the numbers.

Under the system of population accounts used today, which dates to 1971, the previous record immigration level was recorded in 2009-10, when 270,581 newcomers arrived.

"The country had not received such a large number of immigrants in a single annual period since the early 1910s," StatsCan said. THE CANADIAN PRESS



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Food bill tough for Tories to swallow

POLITICS

Conservatives bristle at price of meals on Trudeau's trips

Passengers who accompanied Prime Minister Justin Trudeau on his first two international trips were apparently well fed.

The government has revealed, in response to a written question by the Conservatives, that the cost of food and beverages supplied aboard a government Airbus used for the trips amounted to just over $1,300 per person.

Conservative MP Blaine Calkins calls the price tag "outrageous."

But a spokesman for National Defence, which is responsible for the government's fleet of air craft, says the total includes the actual cost of catering and delivering multiple meals on each round trip, as well as related costs such as disposable cutlery, napkins, dish washing, airport administrative fees and security charges and local taxes.

Daniel Lebouthillier said the defence department "tries to keep costs to a minimum" when choosing items from a catering company's menu. But the department's options are "sometimes quite limited" when dealing with caterers at overseas airports.

The total also includes the cost of feeding and watering journalists who covered the trip, which would have been wholly or partially recovered since media outlets pay hefty fees for a seat on the prime minister's plane.

Given the number of legs in each of the lengthy trips and the number of meals served, the Prime Minister's Office said the cost actually works out to $54 per person for each meal — which compares favourably to the $41.70 per person the previous Conservative government acknowledged spending in 2009 on meals during trips on Challenger jets, smaller air craft which are used only for short-haul flights within Canada and occasionally the United States.

> "I'm just not sure anybody's minding the store when it comes to remembering that it's taxpayers who are on the hook. Blaine Calkins

Calkins was not mollified by the explanation.

More than $1,000 for food and beverages per passenger per trip "is more than the average Canadian earns in two weeks," he said.

"Again, I'm just not sure anybody's minding the store when it comes to remembering that it's taxpayers who are on the hook for all these things."

Calkins said the meal tab is part of a "pattern" of excessive spending by the Trudeau government, which has been plagued for weeks by the disclosure of generous expenses claimed by political staffers, including the prime minister's top two aides, for relocating to Ottawa and by ministers for limousine and photographers' services.

The latest disclosure shows that $72,040 was spent on food and beverages for 55 passengers — including almost two dozen journalists — aboard the prime ministerial plane during a trip to Turkey and the Philippines last November for a G20 summit and an APEC leaders' summit.

Another $81,383 was spent on food and drink for 62 passengers — including more than a dozen journalists — aboard the prime minister's plane for a trip later the same month to London, where Trudeau met the Queen, Malta, where he attended a Commonwealth summit, and Paris, where he participated in a UN climate-change conference.

THE CANADIAN PRESS

Prime Minister Justin Trudeau apparently served good grub on his first two international trips, which caught the eye of Conservative MP Blaine Calkins. TORSTAR NEWS SERVICE

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Obama loses big veto on Saudi 9/11 bill

POLITICS

Victims of terror attack can now sue the Gulf nation

In a resounding rebuke, Democrats joined with Republicans Wednesday to hand Barack Obama the first veto override of his presidency, voting overwhelmingly to allow families of Sept. 11 victims to sue Saudi Arabia in U.S. courts for its alleged backing of the attackers.

Both the House and Senate voted decisively to reverse Obama's decision to scuttle the legislation. Democrats in both chambers abandoned the president in large numbers despite warnings from Obama and top national security officials that flaws in the bill could put U.S. interests, troops, and intelligence personnel at risk.

The Senate vote was 97-1, with only Senate Minority Leader Harry Reid backing the president. The House vote a few hours later was 348-77, with 123 Democrats rebuffing the president and voting to override. Obama said that overriding his veto was a mistake that may set a "dangerous precedent."

Lawmakers said their priority wasn't Saudi Arabia, but the 9/11 victims and their families who continue to demand justice 15 years after attackers killed nearly 3,000 people. Fifteen of the 19 Sept. 11 hijackers were Saudis.

"Overriding a presidential veto is something we don't take lightly, but it was important in this case that the families of the victims of 9/11 be allowed to pursue justice, even if that pursuit causes some diplomatic discomforts," said Sen. Chuck Schumer, a chief sponsor of the bill.

THE ASSOCIATED PRESS

Barack Obama worries about a "dangerous precedent" after being handed his first veto override. THE ASSOCIATED PRESS

CALIFORNIA

Unarmed black man shot, killed by police

Police in the San Diego suburb of El Cajon shot and killed a black man a minute after arriving near a strip mall to investigate a report of a mentally unstable person walking in and out of traffic, an official said Wednesday.

El Cajon Police Department spokesman Lt. Rob Ransweiler said two officers arrived at the scene at about 2:10 p.m. Tuesday. Ransweiler says the shooting happened at 2:11 p.m.

He said police received the report about the mentally unstable person at 12:57 p.m. but did not immediately respond because they had other calls for service.

Police have said the man refused to comply with instructions to remove a hand from his pants pocket, paced back and forth, then rapidly drew an object from the pocket, placed both hands together and extended them in a "shooting stance."

THE ASSOCIATED PRESS

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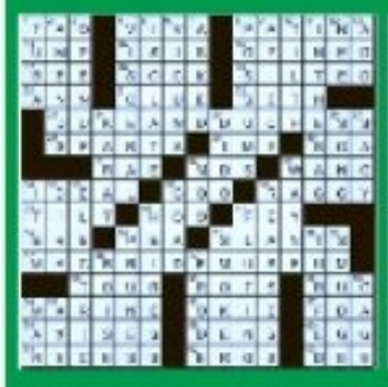

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MOUNT ROYAL UNIVERSITY CONSERVATORY PRESENTS

CONCERT SEASON **2016/17**

Wild West New Music Ensemble

SAT • Oct. 15, 2016 • Bella Concert Hall • 7:30 PM

The Wild West New Music Ensemble is Calgary's newest professional chamber music ensemble. Specializing in performing innovative repertoire of the 20th and 21st Centuries and led by emerging conductor Melanie Léonard, this ensemble is comprised of some of Calgary's top professional musicians including many from the Calgary Philharmonic Orchestra. Their concert Baroque Minimalism will showcase works by Reich, Mozejich and Philip Glass and feature guest soloist Neil Cockburn.

Ziggy Marley

THU • Oct. 13, 2016 • Bella Concert Hall • 7:30 PM

Throughout the course of his three-decade career and 16 albums, Ziggy has built a music legacy worthy of his legendary family name. With seven GRAMMY® Awards and an EMMY® to his credit, the humanitarian, singer, songwriter and producer continually progresses at every turn. Ziggy's musical history dates back to ten-years-old when he would watch his father Bob Marley record in the studio. Ziggy remains receptive to the countless muses surrounding him on his musical journey.

Chris Hadfield

SAT • Nov. 26, 2016 • Bella Concert Hall • 7:30 PM

"Good morning, Earth!" is how Colonel Chris Hadfield woke up the world every day for five months aboard the International Space Station. Through his 21-years as an astronaut, three spaceflights and 2800 orbits of Earth, Colonel Hadfield has become a worldwide sensation making outer space accessible to millions. Back on his home planet, Colonel Hadfield continues to bring the marvels of science and space travel to everyone he encounters through speech and, sometimes, song.

Brian Blade and The Fellowship Band

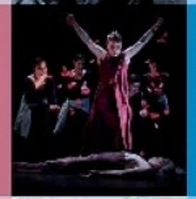
SUN • Jan. 29, 2017 • Bella Concert Hall • 7:30 PM

One of the most versatile and soulful musicians in jazz, drummer and composer Brian Blade moved to New Orleans at age 18 to perform with Crescent City stars, Ellis Marsalis, Johnny Vidacovich and Harold Battiste. While developing as a bandleader, he formed The Fellowship Band with Jon Cowherd and Chris Thomas. In 2000, he joined jazz legend Wayne Shorter's all-star quartet who toured the world and recorded four albums, including GRAMMY® Award-winning Without a Net.

Raghav

WED • Jan. 18, 2017 • Bella Concert Hall • 7:30 PM

Raghav is a globally recognized singer, songwriter and Calgarian. He has released 3 studio albums (Storyteller, Identity & The Phoenix) which include singles that have charted in the UK, Canada and around the world. Always creating, he continues to collaborate with world-renowned artists like Nelly, Kardinal Offishall and A. R. Rahman. Raghav performs his debut at the Bella Concert Hall with a new concert experience for his hometown fans.



Antigona

FRI • Mar. 10, 2017 • Bella Concert Hall • 7:30 PM

Sophocles' classic play Antigone resonates with flamenco, which is based not only on culture or region, but on the strength of family. Noche Flamenca's Artistic Director Martin Santangelo was inspired to create a flamenco interpretation focusing on her humanity and quest to bury her brother, regardless of the circumstances. The company's mission is to create a diverse theatrical performance through song, music and dance that expresses a spellbinding aesthetic at the form of Flamenco.

Canadian Guitar Quartet

WED • Feb. 8, 2017 • Bella Concert Hall • 7:30 PM

Since its debut in 1999, the Canadian Guitar Quartet (CGQ) has toured extensively in North and South America, from one standing ovation to the next, establishing a reputation as one of the finest guitar ensembles in the world. The CGQ has appeared with orchestras across Canada, and has recorded three critically acclaimed CDs. Their mix of dynamic original music and classical masterpieces make a CGQ concert an unforgettable experience.

Avital Meets Avital

WED • Mar 15, 2017 • Bella Concert Hall • 7:30 PM

Avital meets Avital is a dialogue between two musicians who come from different worlds. GRAMMY®-nominee mandolinist, Avi Avital, comes from a classical tradition and award-winning bass virtuoso and oud player, Omer Avital, is an acclaimed jazz performer and composer. Together they share on the diverse influences of Moroccan, Israeli, North African and Mediterranean sounds and rhythms to create a musical melting pot where the finesse of chamber music meets the raw emotional energy of jazz.

Cowtown Opera

Presents... Guilty Pleasures

SUN • Apr. 2, 2017 • Bella Concert Hall • 2 PM

Everyone has a guilty pleasure. Whether it's watching reality TV or singing your favourite Disney hits in the shower, it's time to turn off the water and let your guilty pleasure shine. Calgary's English-language opera company, Cowtown Opera invites you to laugh at their musical parody of the ABC show The Bachelor, then sing along to hits from Disney's Beauty and the Beast, The Little Mermaid, Frozen, The Lion King and many more! All the magic of Disney... with all the comforts of home!

Pedrito Martinez Group

SAT • Apr. 22, 2017 • Bella Concert Hall • 7:30 PM

A master of Afro-Cuban folkloric music, Pedro Pablo "Pedrito" Martinez plays the monumentally complex Oru seco exquisitely on each drum, or on all three at once. He's also the world's first call-and-response – playing, singing and dancing with scores of groups on over 100 recordings and appearing in films including Calle 54 (2000) and Chico & Rita (2010). Pedrito has collaborated with Wynton Marsalis, Paul Simon, Bruce Springsteen, Sting, Bruno Mars, Lady Gaga and more.

The Secret Life of Suitcases

SUN • Nov. 2-6, 2016 • Leacock Theatre

1 PM & 7 PM

Larry works in an office and he likes it very much. He likes sorting and tidying and generally putting things in order. Everything in its place, a place for everything. But one day, a suitcase suddenly appears at his door. A suitcase with a tiny label with Larry's name on it. Written and performed by Lewis Hetherington and Allie Cohen, "The Secret Life of Suitcases" invites you to join Larry as he discovers the thrill of adventure and the joy of coming home again.

Winter Fantasia

SUN • Dec. 11, 2016 • Bella Concert Hall • 3 PM

Join the Mount Royal Conservatory's music and speech arts performers as they take you on a festive musical journey. This heart-warming concert features many of MRU Conservatory's young ensembles who are eager and ready to sing, play and tell stories about the magic of the season.

The Queen, the Bear and the Bumblebee

SUN • Apr. 23, 2017 • Bella Concert Hall • 2 PM

Come enter the magical world of The Queen, the Bear & the Bumblebee, based on the award-winning CD with story by Dini Petty and music by Canadian composers Andrew Horjzy and Mark Goodman. This Calgary-born production led by Erin Thiel will feature new choreography by Yukichi Hattori, narration by Samantha Wheaton Kotkas, special guest soloists and the Bumblebee Band and Children's Choir.

Sounds of the Season

SAT • Dec. 17, 2016 • Bella Concert Hall • 7 PM

Sounds of the Season celebrates the winter holiday with a variety of music selections presented by the diverse and talented choral and instrumental ensembles of Mount Royal University Conservatory. Get in the yuletide spirit with a mix of diverse selections accompanied by well-known festive classics including sing-along carols and the long-standing tradition of Handel's Hallelujah Chorus. This family-friendly show features Calgary's award-winning a cappella ambassadors of smiles and song, The Heebee-Jeebees™.

MOUNT ROYAL UNIVERSITY CONSERVATORY PRESENTS

CONCERT SEASON **2016/17**

Chantal Kreviazuk

TUE • Nov. 8, 2016 • Bella Concert Hall • 7:30 PM

Chantal Kreviazuk is a Canadian singer and songwriter who began playing piano by ear at age three. Now a multiple JUNO® Award winner, she has become one of Canada's most beloved artists. Offstage, Chantal and her husband, Raine Maida, have demonstrated an outstanding commitment to human rights causes. In recognition of their dedication to the world community, they received the 2014 Allan Slaight Humanitarian Spirit Award and were appointed to the Order of Canada.

Zukerman Trio

FRI • Feb. 17, 2017 • Bella Concert Hall • 7:30 PM

A prodigious talent recognized worldwide for his artistry, Pinchas Zukerman has been an inspiration to young musicians throughout his life. In a continuing effort to motivate future generations of musicians through education and outreach, the renowned artist teamed up with cellist Amanda Forsyth and pianist Angela Cheng to offer trio repertoire to their worldwide audiences. The ensemble has appeared in Japan, China, Spain, Italy, France, Hungary, South Africa, Istanbul, Russia and throughout the United States.

Jan Lisiecki

FRI • Jan. 20, 2017 • Bella Concert Hall • 7:30 PM

Calgary-born pianist Jan Lisiecki's insightful interpretations, refined technique, and affinity for art give him a musical voice that belies his age. In 2013, he received the Leonard Bernstein Award at the Schleswig-Holstein Musik Festival and was named Gramophone magazine's Young Artist of the Year. Highlights include his performance with Claudio Abbado and Orchestra Mozart and BBC Proms with Sir Antonio Pappano. To rave reviews, he debuted at Carnegie Hall with Yannick Nézet-Séguin in January 2016.

Kronos Quartet

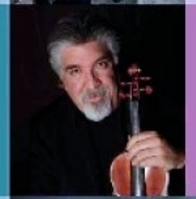
WED • Mar. 22, 2017 • Bella Concert Hall • 7:30 PM

For more than 40 years, the Kronos Quartet has pursued a singular artistic vision, combining a spirit of fearless exploration with a commitment to continually re-imagining the string quartet experience. In the process, Kronos has become one of the most celebrated and influential groups of our time, performing thousands of concerts worldwide, releasing over 50 recordings of extraordinary breadth and creativity and collaborating with many of the world's most intriguing and accomplished composers and performers.

Wu Man & Friends

FRI • Mar. 3, 2017 • Bella Concert Hall • 7:30 PM

Recognized as the world's premier pipa virtuosa and leading ambassador of Chinese music, GRAMMY® Award-nominated musician Wu Man has carved out a career as a soloist, educator and composer giving her lute-like instrument a new role in both traditional and contemporary music. A member of the famed Silk Road Ensemble, Wu Man has premiered hundreds of new works worldwide, while spearheading multimedia projects to preserve and create awareness of China's ancient musical traditions.



Andrés Cárdenes with the CYO

SUN • May 14, 2017 • Bella Concert Hall • 7:30 PM

Recognized worldwide as a musical phenomenon, GRAMMY®-nominated Andrés Cárdenes portrays his myriad talents into one of classical music's most versatile careers. An intensely passionate and personally charismatic artist, Cuban-born Cárdenes has garnered international acclaim from critics and audiences alike for his compelling performances as a violinist, conductor, violist, chamber musician, concertmaster and recording artist. Andrés Cárdenes is delighted to be sharing the stage with Mount Royal University Conservatory's Calgary Youth Orchestra.

Journey LIVE!

SAT • May 6, 2017 • Bella Concert Hall • 7:30 PM

Never the same each time it is played, Journey is an interactive parable, an anonymous online adventure to experience a person's life passage and their interactions with others. In this unprecedented collaboration, live musicians respond to the actions of game players in real time on stage. The Chicago-based Fifth House Ensemble teams up with composer Austin Wintory to present an original, interactive live performance of his GRAMMY®-nominated score to the video game Journey.

Spotlight Series

TransAlta Pavilion

A Sunday recital showcase of our diverse and talented instructors.

Admission by donation ($15 suggested).

Land's End Ensemble (with Evelyn Glennie)

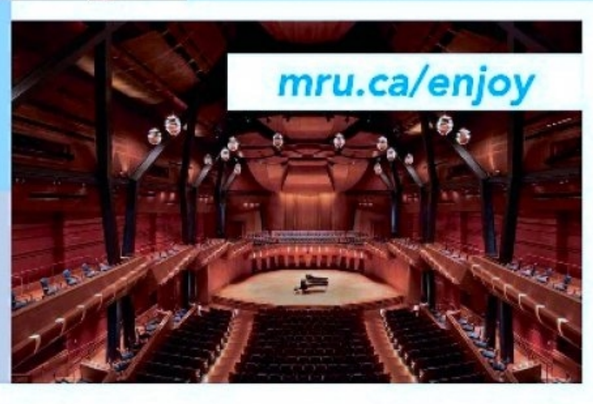
FRI • May 26, 2017 • Bella Concert Hall • 7:30 PM

For two decades, JUNO®-nominated Land's End Ensemble has captivated audiences with their high-calibre performances and innovative programming. To celebrate their 20th Anniversary season, world-renowned percussionist Dame Evelyn Glennie – winner of over 80 international awards including the GRAMMY® Award and the Polar Music Prize – will be joining the ensemble for this gala concert. This special event will feature new works written by many of today's leading composers.

Salon Series

TransAlta Pavilion

Historically, the Salon was a favourite meeting place for musicians of all styles to play, listen and collaborate. We're bringing it back.



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Hillary Clinton and Bernie Sanders campaign at the University Of New Hampshire on Wednesday. MATT ROURKE/THE ASSOCIATED PRESS

Clinton Berns bridge to crucial youth vote

U.S. ELECTION

Candidate joins Sanders to tout free-college plan to N.H. students

Appealing to elusive young voters, Hillary Clinton turned to former primary adversary Bernie Sanders on Wednesday to connect with millennials drawn to third-party candidates threatening to act as spoilers in the 2016 campaign.

"None of this will happen if you don't turn out and vote," Clinton said on stage at the University of New Hampshire while flanked by Sanders, who overwhelmed her in the state's first-in-the-nation primary nine months ago.

Both Clinton and Sanders touted a plan they developed at the end of the primaries to make college debt-free for millions of students from middle-class and low-income families. Amid signs promoting the proposal, Clinton promised to push the plan through Congress if elected. The former opponents sat on stage for a panel discussion on ways to make college more affordable in the battleground state.

> **It is imperative that we elect Hillary Clinton.**
> Bernie Sanders

"I am here today to ask you not only to vote for Secretary Clinton but to work hard," said Sanders, who exchanged a brief hug with Clinton after she took the stage. "It is imperative that we elect Hillary Clinton as our next president."

Young voters were a key part of President Barack Obama's winning coalition, with two-thirds of voters under 30 backing him in 2008 and 60 per cent four years later, according to exit polls. That same group fueled Sanders' insurgent bid, keeping him in the race until the final primary contest concluded in June.

But while millennials have recoiled from Donald Trump, they haven't flocked to Clinton, who's not only shy of Obama's mark but also well behind John Kerry's level of support with young voters when he lost in 2004.

THE ASSOCIATED PRESS

SATURDAY NIGHT LIVE

Alec Baldwin to try his hand at Trump

Saturday Night Live has made a YUGE decision: It has chosen Alec Baldwin to impersonate GOP presidential nominee Donald Trump.

NBC announced the deal Wednesday with a promo on social media, just days before Saturday Night Live begins its 42nd season and little more than a month before voters choose between Trump and his Democratic opponent, Hillary Clinton.

Baldwin, a veteran SNL guest host, will debut his Trump impression opposite cast member Kate McKinnon's continuing turn as Clinton. Trump had previously been played by announcer Darrell Hammond and by the now-departed Taran Killam.

Previously, SNL went over the heads of its cast to select Larry David to play former presidential hopeful Bernie Sanders.

THE ASSOCIATED PRESS

Alec Baldwin is a veteran Saturday Night Live guest host.
ANDY KROPA/INVISION/THE ASSOCIATED PRESS FILE

Russia says it's ready to talk to U.S. about Aleppo

MIDDLE EAST

Truce between foreign powers has collapsed

The Russian military said Wednesday it's ready to resume contacts with its U.S. counterparts over the situation in Syria, even as U.S. Secretary of State John Kerry threatened to cut all co-operation with Moscow on Syria unless an onslaught on Aleppo ends.

Lt. Gen. Viktor Poznikhir of the military's General Staff said Wednesday that Russian experts are ready to travel to Geneva to restart consultations with the U.S. to "search for possible ways of normalizing the situation in Aleppo."

A U.S.-Russian truce in Syria has collapsed and the Syrian government forces backed by Russian warplanes have launched an attempt to take control of the rebel-held neighbourhoods of Aleppo.

Kerry said Wednesday the U.S. is preparing to "suspend U.S.-Russia bilateral engagement on Syria," including talks on a possible counter-extremist partnership, unless Russian and Syrian government attacks on Aleppo end. More than 250 people are believed to have been killed in the besieged city in the last week.

Poznikhir didn't make any reference to Kerry's statement, saying only that Russia was ready to continue discussions.

"It's expected that Russian experts will be sent to Geneva shortly to resume consultations with the American side," he said. "We hope that American partners are also ready for joint work."

The U.S.-Russian deal brokered Sept. 9 envisaged co-operation between the two militaries against the Islamic State group and al-Qaida's branch in Syria if the declared ceasefire held, but it collapsed amid renewed fighting and mutual acrimony. The U.S. blamed Russia for an attack on a humanitarian convoy outside Aleppo, accusations Moscow has denied.

Poznikhir said the Russian military got new information about Syrian rebels' involvement in the attack on the convoy, but he didn't offer any details.

Like other Russian officials before him, he has blamed the rebels for the collapse of the truce, adding that an increasing number of Syrian opposition units have integrated with al-Qaida's affiliate in Syria. He also alleged that the militants are preparing to strike sections of Aleppo with chemical weapons to heap the blame on the government.

THE ASSOCIATED PRESS

Syrian pro-government forces in the Farafira district, northwest of Aleppo's historic citadel, on Wednesday after Syria's army took control of the district after days of heavy air strikes that have killed dozens and sparked allegations of war crimes. GEORGES OURFALIAN/AFP/GETTY IMAGES

TERRORISM

Jihadi suspects arrested across Europe

Police in Spain, Belgium and Germany on Wednesday arrested five people suspected of forming a cell that spread propaganda and sought to recruit militants for Daesh, officials said.

The Spanish Interior Ministry said the cell, made up of four Spaniards and one Moroccan, posed "a grave, concrete and continued threat to security in Europe."

A ministry statement said the five worked for Daesh by spreading information on several Internet sites, among them a Facebook page called "Islam en Espanol" (Islam in Spanish). The site, allegedly managed by two suspects arrested in Belgium and Germany, had 32,500 followers and was growing rapidly, the ministry added.

The statement said one suspect was arrested in Brussels and another in Wuppertal, Germany. Two arrests took place in the northeastern Spanish city of Barcelona and one in the north African Spanish enclave city of Melilla.

The ministry said the group praised and encouraged Daesh attacks and sought recruits. The ministry said the cell directed its activities toward young Muslims of northwest African background.

> **It's impressive to see the number of plots which have been foiled in recent weeks.**
> Gilles de Kerchove

The ministry said 113 suspected pro-jihad activists have been arrested in Spain since 2015 while Spanish police had helped arrest 30 more in other countries.

The European Union's anti-terrorism co-ordinator, Gilles de Kerchove, said the new arrests show just how much intelligence-sharing is improving.

"The security services and the law-enforcement agencies are sharing much more information than they were before," he said, on the sidelines of a conference on countering extremism by the Club de Madrid think-tank in Brussels. "It's impressive to see the number of plots which have been foiled in recent weeks, the number of people who have been arrested."

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STATISTICS

Women still cannot get on firms' boards

The number of Canadian women serving on corporate boards has inched up a mere one percentage point in the year since securities regulators first began ordering companies to track and disclose women in their ranks.

Of 677 companies listed on the TSX and analyzed by provincial regulators, women made up 12 per cent of all board seats, up from 11 per cent a year ago.

Fifty-five per cent of the companies had at least one female director, up 6 per cent from last year.

But that means 45 per cent did not have a single woman.

And, of 521 board seats that became open this year, only 76 were filled by women.

"That means eighty-five per cent of the time the seat was filled by a man," said Ontario Securities Commission CEO Maureen Jensen during an address to the Toronto Region Board of Trade on Tuesday.

"Without an improvement here, we will never reach 30-per-cent female board representation," she said.

Although the OSC did not set any specific benchmark, some lobby groups have set an informal target, and it was this that Jensen was referring to.

TORSTAR NEWS SERVICE

IN BRIEF

Vancouver eyes licensed short-term Airbnb stays

Vancouver's mayor wants to ban Airbnb rentals for those who aren't living in the homes they are listing, while requiring everyone else to hold a business licence. Mayor Gregor Robertson has revealed the city's approach to regulating short stays facilitated by vacation-rental websites, which he says are contributing to a "dangerously" low vacancy rate.

THE CANADIAN PRESS

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BlackBerry devices are history

BlackBerry said Wednesday it is through making its own smartphones, announcing plans to outsource hardware design. Here's a look at some of the handsets that helped the Canadian company scale the mighty heights — until Apple launched the iPhone and the end was only a matter of time.

TORSTAR NEWS SERVICE

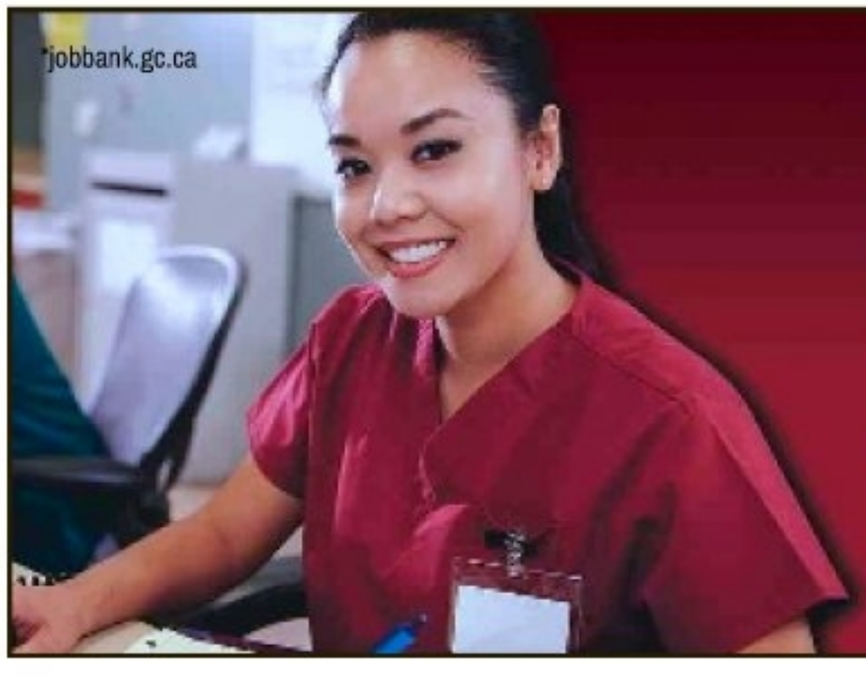
RIM 850
BlackBerry's first device, launched in 1999, wasn't a phone, but rather a two-way interactive pager that could send messages and was one of the first devices that could connect people to their work email systems. It sold a million units in the first year.

5000-6000 series
Launched in 2002, these were the company's first phone products. Email was still the selling point as some of the early version of this product required a headset to make calls, as there was no built-in speaker.

BlackBerry PlayBook
Launched in April 2011, this was the company's attempt to get into the tablet space. It was hobbled by a high price, a lack of intuitive controls and bizarre decisions like only allowing email to other BlackBerry phones.

BlackBerry Bold
The last of the truly beloved BlackBerry phones, it was launched in 2008. It was the Bold that diehard fans hung onto. Like, say, Kim Kardashian, who this year lamented she couldn't find a Bold on eBay.

BlackBerry 10
The company took too long to release the BlackBerry 10 — 2013 — and let the competition dominate the market. It tried to go without a physical keyboard with the Z10, and then with the keyboarded Q10.



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metro VIEWS
Your essential daily news
Thursday, September 29, 2016

CHANTAL HÉBERT ON FEDERAL APPROVAL FOR A PIPELINE

The first energy mega-project to be approved on Trudeau's watch provides a template for upcoming decisions on a set of controversial projects designed to bring Alberta oil to tidewater.

As Liberal leader and subsequently as prime minister, Justin Trudeau has talked in the abstract of the need to secure a social licence prior to undertaking any major energy project. Until this week, no one was sure what he actually meant by that.

That changed when the federal government gave the green light to a massive liquefied natural gas project on the coast of British Columbia on Tuesday.

Pacific NorthWest LNG would entail a pipeline across the province and a terminal to export liquefied natural gas from northern B.C. It has been billed as the largest private-sector development in the country's history.

It is the first energy mega-project to be approved on Trudeau's watch and it provides a tentative template for upcoming decisions on the merits of a set of controversial pipeline projects designed to bring Alberta oil to tidewater.

Here are some of the elements that went into or are missing from the mix of the social licence the Liberal government says it has found for this project:

The plan has solid support at the provincial level. B.C.'s Liberal government champions it. That stands in sharp contrast with the province's reluctance to publicly embrace either Kinder Morgan's or Enbridge's plans to connect the Alberta oilsands to the Pacific coast.

Pacific NorthWest LNG has come to terms with some but not all local First Nations communities. There are serious concerns over, among other matters, the health of the wild salmon habitat. Indigenous opponents of the project are vouching to continue their battle in court.

B.C. Premier Christy Clark addresses the LNG in BC Conference in Vancouver in October 2015. Clark's government supports the Pacific Northwest LNG pipeline, which the Liberal government approved on Tuesday. THE CANADIAN PRESS FILE

The environmental movement is not on board. From the Sierra Club to the David Suzuki Foundation and the Pembina Institute to name just a few, organizations concerned with climate change have come down against the decision. The fact that federal approval comes with 190 conditions attached has done little to mollify them.

One of the federal conditions would see the imposition of a hard cap on the project's greenhouse gas emissions. But even with such a cap in place, Pacific NorthWest LNG would significantly raise B.C.'s greenhouse gas output.

In a draft report released last winter, the Canadian Environmental Assessment Agency calculated that the project would be "one of the largest greenhouse gas emitters in Canada."

If the federal government did not consider that to be incompatible with Canada's international commitments on the climate change front, how high would the emissions generated by a project have to be for the Trudeau cabinet to find that its negative environmental impact outweighs its economic benefits?

How high would emissions generated by a project have to be for cabinet to find that environmental impact outweighs economic benefits?

Whether the mix that has gone into the conditional approval of the LNG project is the right one will be hotly debated for months to come.

The decision has predictably split the opposition in the House of Commons with the Conservatives applauding the Liberal cabinet for having given the project the go-ahead but taking issue with the numerous conditions placed upon it and the NDP and Green Party portraying the approval as a breach of trust.

At the invitation of the First Nations, the courts will be called upon to wade into the debate.

Petronas, the state-owned Malaysian energy company that leads the consortium behind the project, will have a definitive say.

The company may yet balk at some of the federal conditions. There is a glut of gas on the world market. Notwithstanding the positive federal decision, the economic conditions may not in the end allow for Pacific NorthWest LNG to see the light of day.

As of now, though, the market rather than Canada's policy makers will presumably determine its fate.

Tackling climate change while pursuing a policy supportive of Canada's fossil fuel industry was always going to be a balancing act.

Stephen Harper had essentially concluded that the two were largely irreconcilable.

On his watch, the federal government made no apologies for acting as a facilitator for the industry. It purported that stance to be in the national interest.

There is no doubt that had the Conservatives been re-elected, they would have approved B.C.'s LNG project, possibly with many of the same conditions imposed by their Liberal successor.

Trudeau, for his part, spent the last campaign talking about righting the environment/ energy balance. Based on the LNG decision, equilibrium between Canada's contribution to the mitigation of climate change and its energy ambitions remains as elusive as ever.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

ROSEMARY WESTWOOD

Clinton might be done in by the bias that dare not speak its name

The well-documented disparity between the volume of Donald Trump's and Hillary Clinton's media coverage has extended into the post-debate days, thanks in part to Trump's misogyny, or, sorry, his opinions about women.

The upside is that Rosie O'Donnell is witnessing a well-deserved resurgence unlikely to have occurred otherwise. The downside is the same as it's always been: The fact that criticisms of Trump read to many as compliments.

We may find this crazy-making, inconceivable, as bonkers as a budding friendship between Martha Stewart and Snoop Dogg.

But it's real.

And I do think we have to shoulder some blame. One of the cornerstones of the progressive, liberal mind is to observe injustice, name it, and seek to change it. In the process of doing so, we decided that some people are racist, and some people are not, that some are sexist, and others not. And that's where we may have gone wrong.

Most everyone will claim to be not — not sexist, not racist — and few will really wonder whether that's true.

But what if, to a degree, we are all biased in some ways? Wouldn't that mean that anyone claiming not to be sexist or racist is lying to some degree? And then wouldn't we all have to wonder: To what degree am I?

This is a question wound up in the political-correctness debate, in systemic racism, in acceptance of Trump's birtherism, and in the person of Hillary Clinton — in all the ways that sexism, implicit and otherwise, has shaped her career, her campaign, and is right now shaping her shot at the presidency.

Psychologists believe that implicit biases are behind many of the more subtle and intractable discriminations people face on the basis of age, gender, race, disability or background.

This could be such helpful information for us all, if only we'd admit it.

It would attack the No. 1 reason why hate persists: We imagine ourselves as perfect. We imagine ourselves as right.

Clinton's capacity for logic, her appeal to equality, and her vision of America are no match for those who've already decided they disagree, and that their lives, desires, and opinions are beyond rebuke.

God knows who the swing voters are, but I do believe one thing: If it was the norm to recognize our own biases, the race would not be quite so close.

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Couples with reefer sadness

RELATIONSHIPS

Smoking up more than your partner causes problems

Genna Buck
Metro Canada

It's a good idea to ask about a partner's pot-smoking habit early in the relationship, to confirm compatibility. ISTOCK

With dispensaries popping up on every corner and a popular pro-legalization prime minister, some Canadians have a case of reefer madness.

But for couples learning their drug-use preferences are incompatible, the result can be reefer sadness instead.

Take Amanda and Jeff,* a couple in their 30s from Belleville, Ont.

For the last few months Amanda, who suffers chronic pain due to a serious car accident years ago, has been using medical marijuana from a dispensary to help her sleep.

It works great. But she didn't anticipate the problems it would create.

Her partner, Jeff, has always smoked recreationally, but once the drug was around the house he became a "pothead" who uses up more than half of her allowance and gets agitated if it runs out, Amanda said.

She's tried to hide her stash, but it never works for long because he has a "nose like a bloodhound when it comes to marijuana."

Weed has been the cause of some knock-down-drag-out fights, including one that ended in Jeff storming out and spending the night in their RV.

"I love him. But if he pushes me hard enough, I'll be pushing him out that front door," she said.

How much marijuana people want to use is "always a compatibility criteria," in relationships, said Toronto matchmaker and columnist Sofi Papamarko.

Reportedly, Brad Pitt's pot habit was one of the factors that led Angelina Jolie to file for divorce.

In contrast to alcohol, studies have not linked marijuana to "substantial partner conflict" or domestic violence, said UBC psychology professor Zach Walsh, who studies the effects of substance abuse on relationships.

But that doesn't mean reefer sadness isn't real.

"Like anything, whether it's online shopping or fantasy football, if it starts to become something you're over-focused with, that can hurt your relationship," Walsh said. "If cannabis leads you to be more likely to isolate (yourself) and zone out of interpersonal relationships, then it can be harmful."

Though it isn't as addictive as heroin or cocaine, marijuana dependence is real — heavy users often get anxious when they're out of weed, and if they quit suddenly, can be sleepless, grouchy and nauseous for a few days, according to the Centre for Addiction and Mental Health.

Molly, 27, a grad student from Toronto, is all too familiar with the downside of marijuana dependence. Her boyfriend of four years, who smokes to manage severe anxiety, used to have meltdowns if he couldn't get in touch with his dealer.

Dispensaries solved his access issue. But Molly worries her partner being "stoned all the time" is preventing him from reaching his full potential at school or work.

They used to live together, but she moved out, in part because he was "kind of living like a teenager" and his drug use was "disrupting" his ability to be a supportive partner.

"I have nothing against people who use substances, but if it starts to impact my relationship, that will be a deal-breaker," Molly said.

She wishes she asked more about his drug habits when they first started dating: "It's a lot harder to set boundaries after you've been with the person for a long time."

Marijuana isn't automatically a recipe for love trouble.

Getting high together is a bonding experience for many couples, psychologist Zach Walsh said.

Simon, a Toronto chef, said if anything marijuana has enhanced his relationship with his girlfriend, and "everyone should try it," because it reduces stress and makes him more sensitive to others.

(That's somewhat accurate: In the right conditions, pot can make your senses sharper and put you in an agreeable, slightly euphoric mood, according to U of T pharmacy professor Harold Kalant).

But it can also be a source of conflict if philosophies about drug use clash, even when neither partner is a heavy or dependent user.

That's where 26-year-old Hilary from southern Ontario is at with her husband. She got her weed-smoking phase over with in her teen years, but he became an enthusiast in his late 20s.

It has caused conflict between them, though not "catastrophically."

"It makes him a different person. You're hanging out with someone who is being kind of a goofball, and it's not funny," Hilary said, adding she'd rather spend the money on something they could do together.

"And sexually sometimes it's weird," she said. "Having sex with someone who is high when you're not high is just bizarre."

Surnames have not been used to protect privacy

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New designer Anthony Vaccarello's debut featured a check-list of YSL archive references, with iconic YSL pieces fused alongside the sex esthetic. ALL PHOTOS: GETTY IMAGES

YSL debut rehashes sultry signature

PARIS FASHION WEEK

New designer Anthony Vaccarello plays it safe

A huge crane in the colours of the French flag hoisted up a giant neon YSL logo above a construction site in the French capital, literally setting expectations high for this year's YSL show at Paris Fashion Week.

The decor announced that the grand debut from Saint Laurent's new designer Anthony Vaccarello on Tuesday night aimed to dramatically reconstruct the YSL esthetic following the departure of Hedi Slimane.

French singer Jane Birkin and her two actress daughters Charlotte Gainsbourg and Lou Doillon stared up expectantly alongside myriad iPhone-snapping fashionistas to marvel at the radiant 50-meter (164-foot) crane — a real machine being used to rebuild the house's Paris Left Bank headquarters.

"The derelict aspect sets a nice metaphor," said Gainsbourg, speaking from the show's front row.

"Anthony has completely understood the house codes," Doillon said ahead of the show.

As the designer's revealing looks filed by, the metaphor of reconstruction and renewal of the Saint Laurent image was heard loud and clear but the high expectations set by the decor were dashed.

This "new" image was largely a rehash of the Glamazon, uber-sexy, ultra-mini styles that have come to be synonymous with the 34-year-old Italian-Belgian designer's own brand and his work at Donatella Versace's flesh-baring Versus house.

To his credit, Vaccarello's debut featured a check-list of YSL archive references, with iconic YSL pieces fused alongside the sex esthetic.

A sultry leather variation on the voluminous sleeves of the Flamenco Dress shimmered with cool '80s micro-mini.

Yves Saint Laurent's 1968 transparent looks, which once shocked the fashion establishment, made a comeback and Vaccarello gave a nod to the textured materials of the famed 1976 Ballets Russes collection.

There was also, at times, a marked return to elegance, which had eluded his predecessor Slimane. Those touches turned up in revamped archive YSL tuxedos and lashings of black.

> **It was certainly not a groundbreaking collection, but many of the styles could prove highly appealing to the younger clients the house has courted in recent years**

It was certainly not a groundbreaking collection, but many of the styles could prove highly appealing to the younger clients the house has courted in recent years.

THE ASSOCIATED PRESS

Maybe he was born to write

AUTOBIOGRAPHY

Fans flock to Springsteen's Born to Run book signings

The Boss was back in his hometown.

Bruce Springsteen's latest tour opened Tuesday, and the rocker who usually lets his songs do the talking yielded to fans to take a turn and share their stories of what he meant to them.

They simply wanted to say thank you.

"I want to just tell him he's been my therapy for 40 years," said Joan Forman, of New Jersey.

Fans from all over the world lined up hours before Springsteen's appearance at a Barnes & Noble in Freehold, N.J., to promote his new autobiography, Born to Run.

In the book, Springsteen remembers his childhood in New Jersey, his rise to superstardom and personal struggles that inspired songs such as Born to Run and Thunder Road.

Springsteen dressed in all black, from shirt and leather jacket to jeans and shoes and didn't say a word on his way to a small platform where he was flanked by two banners that featured a picture of the book's cover.

Springsteen's fans waited hours to share how his music helped them fight cancer, how they fell in love listening to his songs, how his lyrics are the soundtrack of their lives.

"I love his music and his shows. They give me more joy than anything," 25-year-old Erin Brown said. "His music collection is what ties things in life together rather than religion for me."

Brown wore a homemade shirt with a heart on the back and was in tears when she approached Springsteen.

"Come here, sweetheart," he told her.

"Hi, Bruce. I love you. You're the best," she said.

They snapped some photos and Brown hugged Springsteen. Brown sent the snapshots from her mobile phone to friends, and one replied they looked like a couple: "Which I love," she sighed. Brown drove eight hours overnight from Cameron, North Carolina, to the bookstore off Springsteen's famed Highway 9 — which seemed like a small drive down the boulevard compared to others who flew long distance from Europe.

Phil Beard, of Liverpool, England, arranged a trip around Springsteen's appearance. Beard said he's been to 63 Springsteen concerts on two continents over 40 years and hoped to convince him to play a gig in Liverpool. Beard's wedding anniversary is the same date as Springsteen's birthday, Sept. 23.

"It's a coincidence. That's what we say, anyway," Beard said, laughing.

Springsteen signed plenty of books — Barnes & Noble said about 2,000 were sold and he stayed for almost four hours.

Springsteen, 67, is coming off the marathon The River tour that revisited a chunk of his 1970s catalogue. Like his lengthy shows — a stop this month in Philadelphia lasted nearly four hours, four minutes — fans were still outside in the parking lot late in the afternoon.

The book tour will also take Springsteen to New York; Philadelphia; Seattle; Los Angeles; San Francisco; Cambridge, Massachusetts; and Portland, Oregon.

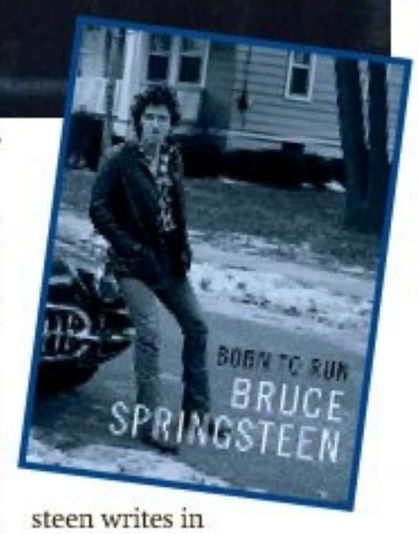
But his first stop was Freehold, a town where he once mused in song. "Would they have dumped me if they knew I'd strike it rich/straight out of Freehold."

The small, blue-collar community has a walkable downtown filled with stores, restaurants and many government buildings. While its neighbourhoods of mostly small homes are close-knit, the town has been beset at times by racial tension, economic distress and downtown blight.

"On these streets, I have been rolled in my baby carriage, learned to walk, been taught by my grandfather to ride a bike, and fought and run from some of my first fights," Springsteen writes in Born to Run.

"I learned the depth and comfort of real friendships, felt my early sexual stirrings and, on the evenings before air conditioning, watched the porches fill with neighbours seeking conversation and respite from the summer heat."

THE ASSOCIATED PRESS



Bruce Springsteen's new autobiography Born to Run covers his childhood in New Jersey, rise to superstardom and his personal struggles. THE ASSOCIATED PRESS FILE

NOTICE OF HEARING FOR: PERMANENT GUARDIANSHIP ORDER TO:

Levi Wells

Take notice that on the **3rd day of October 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1208, 601 – 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your child born on **August 19, 2016**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR: TEMPORARY GUARDIANSHIP ORDER TO:

Curtis Davenport

Take notice that on the **12th day of October 2016 at 2:00 p.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order** of your child born on **March 10, 2010**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

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Cheryl Applegarth

Take notice that on the **3rd day of October 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1208, 601 – 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your child born on **August 19, 2016**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

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Frizine Wapegan

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A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **February 4, 2000**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
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Laughter wins in Bolt-Corden race

COMEDY

World's fastest man pitted against late night TV star

How would sprinter Usain Bolt, a nine-time Olympic gold medalist, fare in a no-holds-barred race against portly talk show host James Corden, jet-lagged comic Owen Wilson and a guy who hasn't worn shorts in the past decade?

Quite well.

Bolt emerged at the head of the 100-metre pack while Corden faded fast in a recent race in the CBS Parking parking in Los Angeles, streaking past parked cars belonging to staff of The Price Is Right.

Late night host Corden finished 20th in the race, which also included the staff of his The Late, Late Show, who were lured to the pavement by the promise of free pizza.

The race failed to live up to its billing as: "Corden and Bolt, two titans of fitness going head to head."

Corden's view of the race's finish was blocked by his staff of racers who finished ahead of him.

"Who won?," Corden said after the race.

Late night host James Corden fails in bid to outrace Usain Bolt. TORSTAR NEWS SERVICE

Bolt showed the form that won him gold at the Olympics last month in Rio de Janeiro while Corden showed the apparent effects of combining a dearth of athletic ability with absolutely no training.

"I would have liked to be in the top 15.

"But it wasn't my day," Corden said when he recovered his breath.

"That's the life of an athlete. That's the life of a professional track athlete. Some days it comes and some doesn't it doesn't."

Wilson offered a few excuses for why he failed to dethrone Bolt.

"I got the start that I wanted," Wilson said.

"I was leading right at the very beginning. I don't know. I got cocky. I took something off and you take something off against Usain Bolt, he's going to blow you away. So that's what happened. I'm not going to make excuses.

"I was miked," Wilson continued.

"So obviously that didn't help. And I just flew in from Europe. So you know jet lag and nursing a bit of a cold. But you know, I've got to tip my hat to him."

After the race, Bolt strutted with the Jamaican flag on his back, just like when he outraced silver medalist Andre De Grasse of Markham in the Olympic 200 metre final in Rio De Janeiro.

"Number one," Bolt said. "I'm the winner."

Despite the loss, Corden claimed victory on Twitter, announcing: "I just destroyed @usainbolt in a 100 meter sprint. He didn't stand a chance."

TORSTAR NEWS SERVICE

TV BRIEF

Amy Schumer most dangerous celeb online

Amy Schumer is the most dangerous celebrity on the internet — and not just because of her no-holds-barred personality.

Intel Security announced Wednesday that the actress-comedian topped its 10th annual list of the most dangerous celebrities online.

A search for the Trainwreck and Inside Amy Schumer star carries over a 16 per cent chance of connecting with a site that carries viruses or malware.

Schumer was followed on Intel's list by Justin Bieber, Carson Daly, Will Smith, Rihanna and Miley Cyrus.

Schumer wasn't the only funny person to make the cut.

Other comedians included Chris Hardwick (No. 7), Daniel Tosh (No. 8), Nikki Glaser (No. 15), Kevin Hart (No. 25), Mindy Kaling (No. 30) and Kristen Wig (No. 52).

The security organization Intel used its own site ratings to compile the celebrity list. THE ASSOCIATED PRESS

NOTICE OF HEARING FOR: PERMANENT GUARDIANSHIP ORDER TO:

James Milligan

Take notice that on the **30th day of September 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1207, 601 – 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your child born on **November 8, 2005**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR: PERMANENT GUARDIANSHIP ORDER TO:

Maureen Methot

Take notice that on the **12th day of October 2016 at 2:00 p.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your children born on **June 16, 2007 and August 17, 2009**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director.
You will be bound by any Order the Judge makes.

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Celebs: Our own fictional characters

INTERVIEW

Writer plants famous personalities in her stories

Sue Carter
For Metro Canada

Celebrity obsession reached an apex last week when Angelina Jolie and Brad Pitt announced their impending divorce.

Under all those hilarious Jennifer Aniston memes and the gossipy speculations of adultery simmered an undercurrent of panic: if those two gorgeous people, seemingly in love, can't make it, what hope is there for the rest of us?

Toronto journalist Marni Jackson has spent a lot of time thinking about how celebrity culture is so deeply imbedded in our collective psyche.

Her debut collection of linked stories, Don't I Know You?, drops famous characters into the life of a woman named Rose McEwan.

The stories follow Rose from the age of 17, as a naive art student being innocently schooled by author John Updike, to 67 years old, as she paddles away on a canoe trip with Leonard Cohen, Karl Ove Knausgaard and Taylor Swift.

Though the premise sounds like a groaner of a joke, Jackson wasn't satirical in her approach to the book.

She says the biggest challenge in writing it was to make these people real, and credible as characters.

"I'm not dissing these celebrities. I'm celebrating their role in our lives because I am fascinated with why celebrities matter to us — and they do," she says.

"We joke about it and denigrate it but they're up there in the top-10 newsfeeds. The stories are an attempt to explore how intimate our relationships are to these stars, who are strangers."

Jackson, who has written fiction in the past as a way of "playing hooky from journalism," didn't set out to write this concept in a book format.

The collection started casually enough about 12 years ago when she rented a cottage in Quebec with her son and husband, journalist and filmmaker Brian D. Johnson.

Marni Jackson's debut collection of linked stories, Don't I Know You?, features fictional encounters with famous people like Adam Driver, of Girls and the latest Star Wars film. CONTRIBUTED

They listened to a lot of Bob Dylan during that vacation, so much so that Jackson says, "It feels like you're living with him when you're marinating in the music."

The tambourine man inspired her first story, called Bob Dylan Goes Tubing, where the disoriented musician crashes a summer cottage vacation, with no intention of leaving.

After writing that story, others "just accumulated." There's a sage Joni Mitchell advising on relationships; a groggy tale of a boozy Keith Richards operating on Rose's liver; a friendly encounter with Meryl Streep at a Mexican spa. Even Adam Driver, of Girls, shows up to shovel some snow.

Jackson only based stories on artists whom she admires (though she admits there's a "titch of satire" in the story where Gwyneth Paltrow — with her powderless skin, described "like fresh drywall" — features as Rose's aesthetician, extracting blackheads from her nose.)

Some artists, like Cohen and Neil Young, were selected because their music and lyrics are so meaningful in so many people's lives.

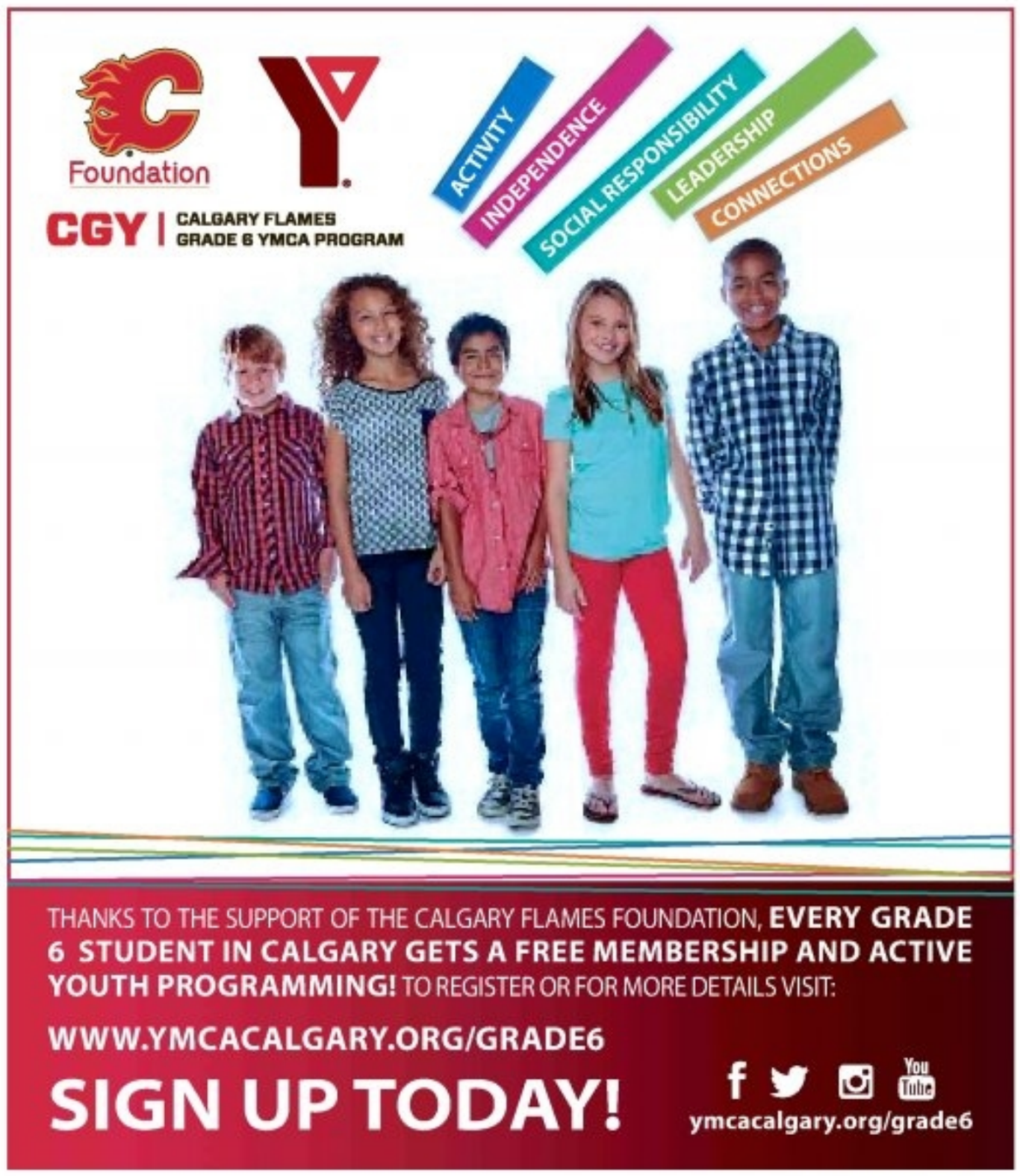
"There's an intimacy there with their work, if not with them as personalities," says Jackson.

"I actually think that stars are our own fictional characters.

"We live through them and use our imagination to think of them as nice people or athletic or kind to animals, or whatever we want.

"We have our fictional way with them."

Sue Carter is the editor at Quill & Quire magazine.



Why Naya Rivera thinks timing is everything

INTERVIEW

Former Glee star opens up about her younger years

Naya Rivera writes about a number of personal subjects in her new book, Sorry Not Sorry, but says one of the hardest was the death of her Glee co-star Cory Monteith, who died of a drug overdose in 2013.

"The Cory chapter really choked me up. I had (co-star) Kevin (McHale) come over and help me edit and we both had our moment," Rivera said in a recent interview.

For fans of Glee, which aired 2009-2015, Sorry Not Sorry: Dreams, Mistakes, and Growing Up is definitely worth a read to revisit the show's success from an insider's perspective.

Rivera, 29, shares how the cast dated, partied and basically had the ups and downs of twentysomethings who spend a lot of time together.

She also shares her story of starting in showbiz at a young age, relationship drama and finally getting it right with her now-husband, actor Ryan Dorsey.

Rivera talks about opening up, her love of writing and passing on her love of books to one-year-old son, Josey.

When it was announced that you were writing a book, it was billed like you were going to "go there" and not hold back on things in your life. Is that what happened?

It was my intention to not hold back, but the way that I saw the media portray it was 'Oh, it's a slam book,' but that's not at all what it is.

What was your intention?

I talk about my passion for writing in the book. If I wasn't acting in some way, shape or form, I would be writing music, screenplays or books. I'm very bookish. I love reading.

Is there anything you wanted to clear up in the book?

A few years ago, it was a tumultuous year. (Rivera dated and quickly became engaged to rapper Big Sean. They broke up a few months later and took some of their disagreements public in social media and, for Big Sean, his music.) Those were things that I definitely wanted to be able to clear up on my own.

You also write about how you dated your husband prior to Big Sean and got back together with him after that breakup and married a few months later. The media portrayed that as a rebound of sorts. Was it important for you to share your version of events?

I consulted with my husband on it all along the way ... I was like, 'Listen, to me, this is something so funny that nobody knows our history. ... Do you mind if I include this in the book?' He was supportive.

From Glee to reuniting with Dorsey, it seems like a big takeaway from your book is the importance of timing.

In Sorry Not Sorry Naya Rivera opens up about her life on Glee and her relationship with her now-husband Ryan Dorsey and ex-boyfriend Big Sean. THE ASSOCIATED PRESS

Everything in life is timing. I've grown up in this industry and there were a lot of projects that I really wanted and I would cry over and not understand why I didn't get them; had I gotten any one of those projects I wouldn't have gotten and been on Glee.

That was a game changer in my life.

Since you're such an avid reader, do you like to read with your son?

He's a boy in every sense of the word, but I'll go, 'Do you want to read a book?' and he'll say, 'Yeah,' and he sits down and we'll read a book.

He literally has his own favourites. His favourite book is Dada by Jimmy Fallon.

It's a great book. We travel with it.

THE ASSOCIATED PRESS

GRAPHIC NOVEL

Nostalgia for things that never existed

Mike Donachie
Metro | Canada

Cheap Novelties: The Pleasures of Urban Decay
BY: Ben Katchor
PUBLISHER: Drawn and Quarterly
$26.95; 112 pages

Witness the adventures of Julius Knipl: real estate photographer, and marvel at their banality.

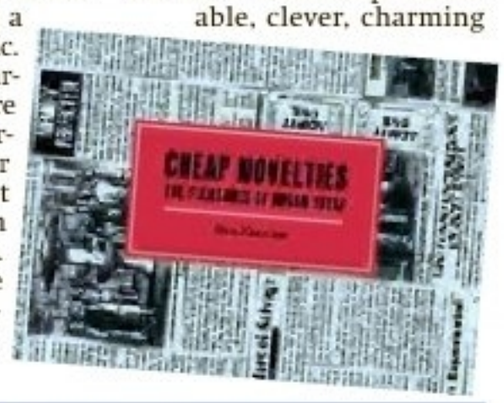
This is nostalgia for something that never existed, or at least existed only in the minds of city dwellers with a tendency to be nostalgic.

Katchor's simple cartoons — collected here for their 25th anniversary — take us on a tour of scuffed streets just around the corner from where we used to live. On the way, there are all the little eccentricities of an old city: the unusually-flamboyant signature of an elevator inspector, some unreadable lettering on a 20th-floor window, a deli where all its famous customers are dead.

It is wonderfully bonkers, and compelling.

All the time, we have Mr. Knipl's wry observations on city life; the way it is and the way it perhaps used to be.

Presented as dozens of little stories in a simple, black-and-white style (plus one longer-form story at the back), Katchor's work is unputdownable, clever, charming



BOOK BRIEF

Harrison Scott wins $5,000 humour prize

Author Harrison Scott Key's comic memoir about growing up with a father of outsized presence has won the Thurber Prize for American Humor.

Key is a contributing editor to Oxford American magazine whose essays also have appeared in The New York Times and Outside.

He wins the Thurber Prize for The World's Largest Man.

He receives $5,000 and a commemorative crystal plaque. THE ASSOCIATED PRESS

Hilary Weston award finalists announced

All five books nominated for the 2016 Hilary Weston Writers' Trust Non-Fiction prize are from one publishing house: Penguin Random House, with four of its different imprints represented.

Finalists include Ian Brown, Deborah Campbell, Matti Friedman, Ross King and Sonja Larsen. Each will receive $5,000 with the prize winner receiving $60,000.

The winner will be unveiled at the Writers' Trust awards ceremony on Nov. 2 at Toronto's Glenn Gould Studio.

TORSTAR NEWS SERVICE

Fall 2016 runways were packed with covetable coats.

PHOTOGRAPHY BY PETER STIGTER.

#YYC INDEX

The Kit Compact—Canada's beauty and style brand—checks out Calgary's style spots

THE LIST

FALL SHOPPING

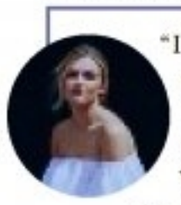
Three stylish Calgarians share the killer items they're coveting this season

MELANIE MORAIS, @bornlippystyle

"I always love a great moto jacket to toss on over any outfit. The detailing on this jacket makes it chic and edgy at the same time."

RUDSAK JACKET, $795, RUDSAK.COM

ALLANA DAVISON, @allanaramaa



"I'm so happy that neck scarves are on trend! This one has perfect neutral hues that go with everything."

BABATON SCARF, $40, ARITZIA

ANIA B., @aniab

"I want to find a pair sunglasses with really lightly tinted lenses. I'm overly obsessing over all things Gucci these days and that whole '70s thing is top in my books."

CHANEL SUNGLASSES, $420, CHANEL.CA

THE INDULGENCE:

THE CULT FACIAL

Posh boutique spa XO Treatment Room (1306 1st St. S.W.) burst onto the Calgary scene last year with a comprehensive menu dedicated to complexion perfection: Think facials, custom peels and no-downtime lasers. We're currently obsessed with the XOK, an hour-long treatment with the spa's founder, Annie Graham. "Skin issues are never just one thing," says Graham. "So we deal with acne, inflammation, pigment, pores and more." Gorgeous glow in an hour? Count us in. *—Melanie Morais*

COURTESY OF XOK TREATMENT ROOM

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The Chad to drop in on the After Show

TV NEWS

Bachelorette's supervillain comes to Canadian show

Chad Johnson HANDOUT

Main text from first paragraph Bachelorette supervillain alert: The Chad is coming to Canada.

W Network says Chad Johnson, who gained infamy on recent seasons of The Bachelorette and Bachelor in Paradise, will be a guest on next week's edition of The Bachelorette Canada After Show.

Johnson, a luxury real estate agent from Oklahoma, was a contestant on JoJo Fletcher's season of The Bachelorette, where he was known chiefly for working out and threatening physical violence against other contestants.

When we last saw him on Bachelor in Paradise Season 3, he was being kicked off the show for a drunken rampage that included calling an amputee a "one-armed b—."

We can only imagine what he'll have to say about Drew Classen, current Bachelorette Canada villain, who's been compared to Johnson for his macho behaviour and clashes with other contestants.

So far, the After Show has scored some good guests. On Monday, former U.S. Bachelorette Kaitlyn Bristowe joined the panel along with her fiancé Shawn Booth and Big Brother Canada host Arisa Cox.

Joining Johnson next week will be bridal expert Jessica Mulroney and comedian Debra DiGiovanni.

The show, hosted by Jennifer Valentyne, airs Tuesdays at 10:30 p.m., following episodes of The Bachelorette Canada, which airs at 9 p.m.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

The 'not really beautiful' woman

THE SHOW: Easy, S1, E5 (Netflix)
THE MOMENT: Jane Adams' signature line

Graphic novelist Jacob (Marc Maron, 53) spent the night with stunning selfie artist Allison (model Emily Ratajkowski, 25, star of the Blurred Lines video). "I'm not in love or anything," he ventures the next morning to his old friend, actress Annabelle (Jane Adams, 51).

"Can we talk about something else?" she asks.

Apparently not. "She likes that I do autobiographical work," Jacob says.

"She likes that you're famous," Annabelle says. "Go on."

"She likes that we're both autobiographical artists," he insists.

"How old is she?" Annabelle asks.

Jacob hesitates. "24," he says.

"Good for you," Annabelle says. "And really beautiful, right?"

"Your hair looks good," he says. They laugh.

Dear Jane Adams, I wonder how you feel about this moment. You've been called upon to play it before, in series (Hung) and movies (Little Children). It's the moment where you admit that the guy doesn't find you "really beautiful"; the moment that cues viewers to think, "If he had any soul, he'd see she's great."

But when you read yet another script that requires you to play this moment, do you sigh? Do you think, "I'm a terrific actress, I shine onstage. If I were male, I'd be Philip Seymour Hoffman"?

Hollywood wants to appear self-aware in these scenes by acknowledging that "not really beautiful" women aren't the centre of love stories. Yet it never actually supports a love story for you. Does that irony chafe? Are you committed to keep hammering at it, hoping to create change? Or are you just happy to work?

Graphic novelist Jacob (Marc Maron, 53) talks to his friend actress Annabelle (Jane Adams, 51) about sleeping with a 24-year-old in Netflix's Easy. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro HOME

Your essential daily news

Artist Robert Bateman's Haliburton, Ont., cottage sold this week for $800,000

MEET THE CONDO

Mixed-use in Kensington

LIDO

CONTRIBUTED

Project overview

Lido is set to transform the Kensington landscape with this mixed-use project. Lido gets its name from the beloved and now retired Lido café that was a mainstay in the community, but now the name and iconic sign will live on.

Housing amenities

A common roof-top patio with a beautiful garden, expansive downtown views and a gas fireplace will allow residents to connect. An entire floor of underground parking complements the project including secure bike storage.

Location and transit

Located right along the river pathways, Lido is walking distance to downtown as well as a brief walk to C-train station and bus routes. Kensington boasts a walkability score of 98.

In the neighbourhood

Kensington is constantly recognized as one of Calgary's best neighbourhoods and is a very desirable location. Plenty of boutique shops, coffee houses, restaurants, pubs, and everyday amenities like grocery stores, pharmacy, and schools highlight this highly-coveted community.

KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

What: LIDO
Builder: Battistella Developments
Location: 10th Street N.W. in Kensington
Building: An eight-storey concrete and glass midrise building
Sizes: 433 to 1816 sq. ft.
Pricing: From $259,000 to $935,000
Suites: One bed, one bed plus den, two beds and two baths, three beds and two baths
Status: Construction is 85 per cent complete with estimated possessions fall of 2016
Sales Centre: Main floor, 148 10 St. N.W
Phone: 403-290-1664
Website: battistella.ca/lido
Email: info@battistella.ca

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How to still look cool, post-children

DECOR

Kids don't mean your house needs to be a playroom

> **People are having kids older, so they have better stuff.**
> Theodore Leaf

For new parents, the urge to keep little ones entertained and enriched can often lead to a home so full of baby gear and toys that grown-up style all but disappears.

It doesn't have to be like that.

Designer Theodore Leaf of Los Angeles says he works with many clients trying to keep their whole home from becoming a playroom.

"All my coolest friends have kids now. And there's just nobody giving up their cool card," said Leaf, host of Living Big Under 1,000 Sq. Ft. on Apple TV's new channel The Design Network.

For one thing, he says, "People are having kids older, so they have better stuff. The whole 'Oh, this sofa is a jungle gym now' thing has changed, because it's an $8,000 sofa that they love."

How do you make a home both kid- and grownup-friendly? Leaf and two other interior designers, Mikel Welch and Nathan Turner, offer some ideas:

Hidden storage

All three designers recommend built-in shelving with closed cabinets at floor-level. Leaf suggests adding drawer pulls that are easy for little hands to grab, like a long bar that runs the length of the drawer.

"Kids open it, and know, 'It's for me,'" he said. And they learn that "that top shelf, with the cable box or whatever, 'That's not for me.'"

Instead of a traditional coffee table, consider an upholstered ottoman with space inside. The ottoman provides both storage and a soft surface for toddlers who are learning to walk. And it doesn't have to be boring; you can buy one that's the right size and have it reupholstered with a fun pattern.

Or, Leaf suggests, try using a vintage trunk as a coffee table. If you find one at a flea market but can't get the inside clean enough, just place a big plastic bin inside and store toys there. If you want to keep decorative items on top, situate them on a tray with handles so you lift it on and off easily.

Shelving with covered storage prevents a kid's space from looking too Romper Room. ISTOCK

One more hidden storage idea: Bench seating with space inside.

"I live in 800 square feet, so even hiding paper towels is an issue for me," Leaf said. He's added banquette seating that flips up to reveal empty space.

"I could put a whole jungle gym in there," he said.

Grown-up items

If you're setting up a seating area for children to draw or do craft projects, resist the urge to buy a table and chairs designed for a child. You can find smaller-scale furniture that suits your style, says Turner, host of the food and home design series "Snack Chat" on The Design Network.

Choose fabrics that are durable and forgiving with spills, he says. Many companies now make outdoor fabrics that are soft to touch and perfect for indoors too.

Lighter colours — perhaps even white — can work if it's the right fabric, says the Chicago-based Welch, a former "HGTV Design Stars" competitor.

Along with more grown-up furniture, you can also add stylish toys. Leaf suggests searching flea markets or the web for antiques. One client of his found a chic, midcentury-style dollhouse that's become a focal point of their living room.

Cool kids' room

Welch recently designed a nursery that had chic, black-and-white stripes on the walls instead of baby pastels. "I didn't feel like the room needed to be really juvenile," he said.

"A lot of times people feel boxed in," he adds, but "you don't need basketballs on the walls" for boys or princesses for girls.

Turner agrees, and adds that babyish decor can be impractical.

"Children grow so quickly and their tastes change and they start wanting to have their own environment," he said. If you choose "very juvenile things ... you're going to have to do it all over again."

THE ASSOCIATED PRESS

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A room of his own

Subtle, tonal hues make for a masculine aesthetic, while still incorporating elements that are traditionally considered feminine, like a softness and attention to detail. ISTOCK

MASCULINE LOOK

Menswear motifs give decor a dash of debonair

Many of this fall's home decor collections are sporting a rather debonair look.

Tweeds, tartans and twills drape cushions and comforters; furniture is clad in supple leather; drapes are made of suiting fabric; and hardware takes style notes from the gentlemen's accessory drawer.

"The classic good looks of menswear are popping up in subtle and unexpected ways," said Jamie Drake of the luxury design firm Drake/Anderson Interiors in New York.

Drake and business partner Caleb Anderson are fans of woven horsehair textiles, and have produced a collection for Holland & Sherry. The sleek fabrics with subtle yet striking colorations are loomed from horse tails and cotton. Their durability makes them ideal for chair, bench and headboard upholstery.

Drake also has designed a collection of luxury bath accessories with a classic herringbone pattern on charcoal-grey, embossed Italian suede. Named Savile, after London's famed street of haberdashery, the collection is trimmed with polished chrome for a crisp, tailored look.

And for Stark, Drake's Jakara pattern puts the elegant chevron in a soft wool rug, offered in urbane neutrals.

Subtle, tonal hues and fabrics with a textural depth offer a handsome — often luxurious — masculine esthetic that transcends gender, says Shawn Sowers, principal design director at furniture company Sauder, in Archbold, Ohio.

"It incorporates several elements traditionally considered feminine, like softness and attention to detail," he said. "There's still a masculine presence of mass, strong forms and bold simplicity, but these elements are paired with elegance and details that take into account multiple senses."

Sowers and his team designed their repurposed, naturally worn oak Cannery Bridge collection of living room, bedroom and home office pieces to have a hefty rusticity. Sowers cheekily calls the target demographic the "urban beardsman."

His Conductor credenza blends a sexy mix of copper, marble and steel. The Boot Leg dining table pairs a charcoal-black finish with leather-wrapped legs.

"It's like a V-neck shirt under a blazer or sport coat," Sowers said. "It can live in a variety of environments and be relevant and stylish."

Taking the menswear look into lighting in a whimsical way, Houzz offers a collection of pendant fixtures inspired by haberdashery. The Jeeves fixture, in matte black metal with a warm gold interior, evokes a classic British bowler. Zuo Modern's Aspiration pendant is a pashmina wool "top hat" lined in burnished gold.

Even light switches are picking up the theme: Legrand's wall plates are available in black leather.

Brooklyn-based brothers Emil and Sandy Corsillo, who design menswear under their Hill-Side label, have partnered with CB2 on a collection of home goods. A brawny, striped throw pillow in navy and grey reflects the designers' workwear roots, while deconstructed indigo floral prints on a comfy chair and big floor cushion echo shirt and tie patterns.

Or bring the masculine vibe home with room scents; many evoke men's fragrances or toiletry items.

Blind Barber offers the midnight-blue, soy-wax Tompkins candle, a mix of aromas like honey, smoke, leather, lavender and "freshly laundered towels," all ostensibly evoking that traditional male enclave: the barber shop.

Like a delicious men's cologne, Molton Brown's Black Peppercorn candle wafts coriander, vetiver and pepper notes from a maroon-coloured glass tumbler. THE ASSOCIATED PRESS

Jamie Drake has designed the collection for Labrazel, which employs Italian herringbone embossed suede. HANDOUT

Shed some light on the matter

DIY

Shade can be created with different materials

Add a little glow to your home with a pendant light made using objects you might find around the house.

The options are endless. Whether it's a bowl, Mason jar, vintage globe or an up-cycled lampshade, all that's required is the right tool for the job.

We figured a basket is an easy way to try your hand at lamp making; after all, it's a power-tool-free option.

It's also a great way to add texture and warmth to a room. But watch out: once you make one, you'll be looking for other things to stick a socket in.

Step 1: Gather the supplies
We used a plug-in cord set for this project. To hang the pendant, get creative and wind the cord loosely around a large hook, a wooden shelf bracket or drape it from a tree branch.

Be sure to use a low-watt bulb. Anything that gets too hot could be a hazard.

You'll need:
- Basket
- Cord set
- Scissors
- Paint
- Pencil

Step 2: Trace the hole
Use a pencil to trace around the bottom of the socket.

Step 3: Cut it out
Use scissors or a utility knife to make a hole in the basket.

Step 4: Paint
Paint a stripe around the bottom of the basket. We painted free hand, following the weaving. Let paint dry.

Step 5: Install cord set
Ensure the bottom ring is removed from the cord set. Insert the socket into the hole. Turn the basket over and screw the ring on the socket, inside the basket. Install light bulb.

Step 6: Enjoy!
TORSTAR NEWS SERVICE

This DIY pendant lamp adds the perfect rustic touch to a room, while providing a soft glow. The basket also adds texture and interest. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

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Real Estate

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Seniors Living

6 EASY UPGRADES FOR YOUR CONDO

There's a lot you can do to add that fab factor. Here are six easy upgrades.

DUNCAN MCALLISTER/FOR METRO

1 Smart kitchen

Trade up to high-end smart kitchen appliances: This will transform your kitchen while increasing the value and functionality of your home. Super-smart, network-connected appliances are the new trend for condos. Condo-sized ranges and fridges feature designer colours that pop, with a classic European look.

6 Let there be lighting

Condo lighting fixtures can dramatically improve the atmosphere of a room. New high-tech lighting innovations include wireless dimmers and colour controlled lamps that let you paint with light. The Philips Hue system of white and colour ambiance bulbs allow you to control the look of a room from your smartphone. A quick and easy upgrade is to install modern light switches and outlets throughout your suite.

5 Add trim for the win

These are relatively cheap and easy projects, that can add that 'wow' factor to the look of your condo. Crown moldings work well with higher ceilings, can be installed relatively easily and add a classic timeless look.

2 No more boring floors

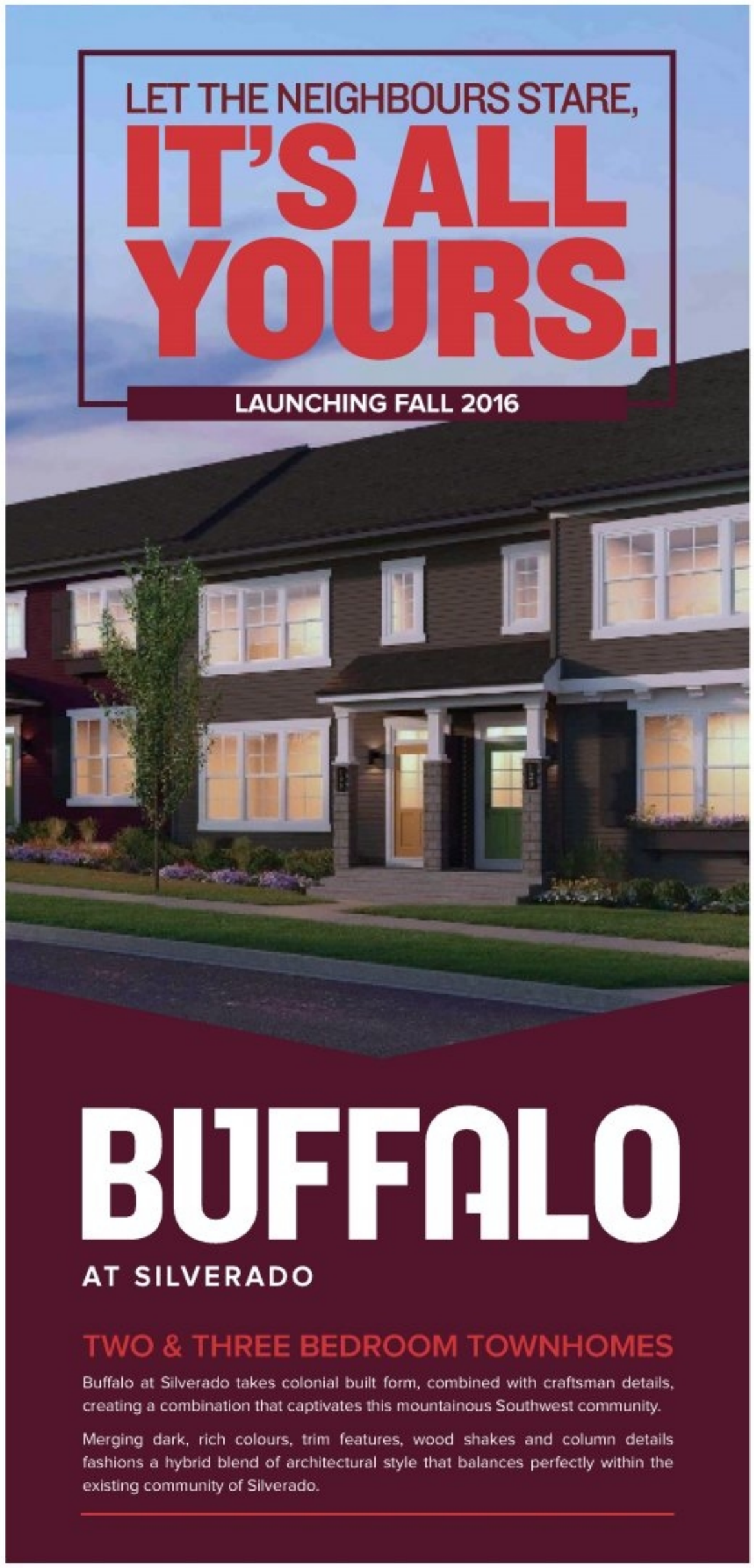
Upgrade your flooring to wood, laminate or engineered finishes: With new products made from exotic materials, your floors will make a big impression. Do-it-yourselfers will love the new click-lock glueless flooring. The edges of the planks have milled channels that snap together without nails, staples or adhesives, so you can create a complete floating floor over the course of a weekend.

3 Go faux

Classical decorative finishes dramatically transform the look of your dwelling without a lot of construction and permanently increase the value of your investment. These finishes cover a wide range, from fabrics to paper, paints, foils, aluminum and gold leaf, and are an excellent way to convert your plain old condo walls and ceilings into a bold new experience.

4 Fixture fix-it

Contemporary design faucets, rain heads and shower panels make a reasonably inexpensive upgrade. Popular for condos, the multi-jet, spa-like shower systems have integrated panels with body sprays, an overhead rain plate, and handheld mechanisms to transform your bathroom experience.



Find a home in a tight-knit community

When you're looking for a new home, buying in a community that brings people together makes all the difference.

One Calgary community was designed to do just that. Set in an idyllic setting in the prettiest part of northwest Calgary, Symons Gate is a new community of 2,200 residents that will be completed in 2018.

It's perfect for singles and families who work and socialize in Calgary, but want a lifestyle that's relaxed, close to nature and affordable.

Symons Gate delivers on all counts. The four-acre environmental reserve in the community provides access to nature at your doorstep. The community's Central Park, set for completion in November, will be a great place to meet your neighbours. The local system of trails will enable residents to walk or bike from home to downtown.

In April, Symons Gate was honoured with the New Community of the Year award at the 29th annual CHBA-UDI SAM Awards.

The Link at Symons Gate is a new collection of townhomes modeled after Brookfield's successful project The Link at Evanston.

The Link's 165 two-floor townhomes are now available starting from the mid-$200,000s.

CONTRIBUTED

They were designed to adapt to the way you live. For instance, unlike most townhomes under $300,000 in Calgary's north-west, all homes at The Link feature an attached garage.

Inside the two-floor homes at The Link, residents can enjoy durable, attractive laminate flooring, laminate countertops and stainless steel appliances. The homes have a high-quality finish that makes them just as attractive as they are practical.

You'll have peace of mind too. The Home Owners Association oversees snow removal and maintenance of the public areas and seasonal lighting.

Residents also have easy access to the best of the city's amenities.

Drop your kids off at school nearby — there are five elementary schools, four junior highs and two high schools a quick drive from home.

Shopping is eminently reachable too. Creekside Shopping Centre and Beacon Hill Shopping Centre, Sobeys and Walmart are all a short drive from your doorstep.

When you're looking for some invigorating entertainment, hit the golf-course fairways close by.

There's always something to do at Symons Gate.

For more information

Visit livesymonsgate.ca, to learn more.

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metro SPORT

Gary Bettman says the World Cup of Hockey format will live on but the NHL and NHLPA have yet to decide when the next one will occur

Blue Jays bullpen tosses a dud vs. O's

MLB

Pair of late home runs rally Baltimore past Toronto

Pinch-hitter Hyun Soo Kim hit a two-run homer off Roberto Osuna in the ninth inning as the Baltimore Orioles came back for a 3-2 victory over the Blue Jays on Wednesday at Rogers Centre.

Kim took a 3-2 pitch from the Toronto closer over the right-field wall for his sixth homer of the season. Orioles closer Zach Britton recorded three straight outs for his 47th save in 47 opportunities.

The Blue Jays wasted a solid outing from Toronto starter Francisco Liriano, who struck out 10 batters over 6-1/3 innings. He gave up six hits and a walk, trimming his earned-run average to 4.69 from 4.88.

The loss left Toronto (87-71) one game ahead of the Orioles in the race for the first wild-card spot in the American League. The teams will play the rubber game of the three-game series on Thursday night.

As a result of the Jays losing, the Boston Red Sox clinched the AL East. Upon learning they had won the division, the Red Sox blew a ninth-inning lead of their own, losing 5-3 to the Yankees in New York.

Hyun Soo Kim of the Orioles rounds the bases after hitting a two-run home run against Blue Jays pitcher Roberto Osuna on Wednesday night. FRANK GUNN/THE CANADIAN PRESS

WEDNESDAY In Toronto

3	2
ORIOLES	BLUE JAYS

Toronto scratched out runs early in the game with sacrifice flies. Ezequiel Carrera opened the scoring in the first inning and Troy Tulowitzki added another run in the second.

The teams put up zeros until the eighth when Baltimore's Mark Trumbo turned on a Jason Grilli pitch for his major league-leading 46th homer of the season.

The Blue Jays had the chance to gain some insurance in the bottom half when they loaded the bases but Brian Duensing (1-0) struck out pinch-hitter Melvin Upton Jr.

In the ninth, Osuna (3-3) gave up a one-out single to Jonathan Schoop and pinch-runner Michael Bourn stole second to set the stage for Kim.

The game took three hours four minutes to play. Baltimore outhit Toronto 11-6.

THE CANADIAN PRESS

NIGHTCLUB SHOOTING

Hicks tried to play peacemaker: Sister

The sister of slain Calgary Stampeder Mylan Hicks says he was "pure love" and the 23-year-old was trying to be a peacemaker before he was shot outside a Calgary nightclub early Sunday.

Hicks and some of his teammates were at the Marquee Beer Market and Stage celebrating the Stampeders' win Saturday night against the Winnipeg Blue Bombers. Police say there was a fight inside the club that later continued and escalated in the parking lot, where Hicks was shot.

Nelson Tony Lugela, 19, is charged with second-degree murder.

> **Pure love — that's the best way I can describe my brother. Just pure love. Genuine, loyal, respectful.**
> Jazzmine Fowlkes

"The guy was in there causing havoc and from what I understand my brother was the one that tried to defuse the situation and tried to calm him down — 'Hey man, it's going to be all right, let me buy you a round,'" Jazzmine Fowlkes said Wednesday in an interview from Detroit.

"He even bought him a round. He even gave him a hug, put his arm around him — 'Hey man, we're all right, we're good.'

"My brother was hit trying to save his team, trying to save his teammates." THE CANADIAN PRESS

IN BRIEF

Marlins' Fernandez remembered in Miami

Somber Miami Marlins players and personnel escorted a hearse carrying the body of star pitcher Jose Fernandez from the team's ballpark Wednesday, as the farewell for their beloved teammate marched on.

As players and fans honoured Fernandez's memory, U.S. Sen. Marco Rubio sought a safety probe into the rock jetty where a boat crash claimed the lives of the baseball star and two friends. THE ASSOCIATED PRESS

Mitchell named one of the top players of September

Calgary quarterback Bo Levi Mitchell, Edmonton receiver Adarius Bowman and B.C linebacker Solomon Elimimian are the CFL's top performers for the month of September.

Mitchell received the honour for a second straight month after he completed 103-of-149 pass attempts for 1,440 yards and nine touchdowns in leading the Stampeders to a perfect 4-0 record in September.

THE CANADIAN PRESS

Pep's balloon popped

CHAMPIONS LEAGUE

Man City's run of wins halted on 10 at Celtic

Manchester City came from behind three times to draw 3-3 at Celtic in a Champions League thriller on Wednesday that ended the English team's 100 per cent start to the season under new coach Pep Guardiola.

City's winning run to open the campaign stopped at 10 games — one short of matching the English record — on a sloppy evening at Parkhead in Glasgow.

Pep Guardiola GETTY IMAGES

Fernandinho and Raheem Sterling scored equalizers for City in an action-packed first half after Celtic went ahead twice through Moussa Dembele, in the third minute, and Sterling's own goal in the 20th.

Dembele restored Celtic's lead barely a minute into the second half after Aleksandar Kolarov's defensive error, only for Nolito to equalize for City in the 55th.

City had previously won six matches in the Premier League, three in the Champions League between the group stage and qualifying, and one in the English League Cup. That put City within sight of Tottenham's 11 straight wins to start the 1960-61 campaign.

MATCH DAY 2

- **Atletico 1,** Bayern 0
- **Arsenal 2,** FC Basel 0
- Besiktas 1, Dynamo Kyiv 1
- Borussia Mon. 1, **Barcelona 2**
- Celtic 3, Man. City 3
- FC Rostov 2, PSV 2
- Ludgorets 1, **Paris SG 3**
- **Napoli 4,** Benfica 2

"It's OK, it's one point, we didn't lose," said Guardiola, whose team faces Barcelona in back-to-back matches next.

The action-packed match saw City go behind and also concede more than once for the first time under Guardiola.

Celtic — thrashed 7-0 by Barcelona in its first Group C game — pressed high and forced errors in from City, whose defence was shambolic at times without rested John Stones and injured captain Vincent Kompany.

"Every time we went forward, we looked like we could score," Celtic manager Brendan Rodgers said.

THE ASSOCIATED PRESS

Moussa Dembele scored twice for Celtic on Wednesday. MARK RUNNACLES/GETTY IMAGES

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RYDER CUP

Willett distances himself from diatribe

With stakes at the Ryder Cup so high, the players are under plenty of pressure. Danny Willett's focus faltered a bit Wednesday during practice at Hazeltine National Golf Club.

But this wasn't a case of rookie nerves, though.

This was because, well, his brother has a big mouth. Willett was a couple of holes into his round when informed about the buzz created by the column written by his brother, Pete Willett, that poked fun at the American players and castigated the culture from which they come.

"It is tough to then concentrate," Danny Willett said, "because you don't want people to think badly of yourself."

The 28-year-old Masters champion apologized for his sibling and praised the American fans who "took me under their wing fantastically" at Augusta in April.

The scathing critique could've been perceived as partially tongue in cheek until Pete Willett posted on Twitter that he meant "every word" of it.

Danny Willett GETTY IMAGES

He wrote he hopes Team Europe will "silence the pudgy, basement-dwelling irritants, stuffed on cookie dough and pissy beer, pausing between mouthfuls of hotdog so they can scream 'Baba booey' until their jelly faces turn red." He also urged the Europeans to "smash the obnoxious dads, with their shiny teeth, Lego man hair, medicated ex-wives, and resentful children."

THE ASSOCIATED PRESS

IN BRIEF

Tebow tees off for Mets

Tim Tebow made a powerful first impression for the New York Mets instructional league.

The former NFL quarterback homered on the first pitch he saw Wednesday in his instructional league debut, against the St. Louis Cardinals.

"It was fun," said Tebow, who went 1 for 6 and put the ball in play in each plate appearance. "I just wanted to have the approach that I was going to be aggressive.

THE ASSOCIATED PRESS

'Best player in the NFL' Watt put on Texans' IR

J.J. Watt is out until at least December and could miss the rest of the season with an injured back, leaving the Texans searching for ways to deal with the loss of the NFL's best defensive player.

Watt was placed on injured reserve on Wednesday, which means he'll be out for a minimum of eight weeks.

"You can never replace the best player in the NFL," coach Bill O'Brien said.

THE ASSOCIATED PRESS

RECIPE Sweet Potato and Apple Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Soup season starts now and we couldn't be happier. This one is a fall classic.

Ready in 50 minutes
Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 large sweet potato, peeled and cut into 1-inch cubes
- 2 Tbsp olive oil, divided
- pinch salt
- 1 clove garlic, minced
- 1 carrot, diced
- 1 yellow onion, diced
- 3 cups chicken stock
- 2 apples, diced
- 1/2 tsp cinnamon
- pinch nutmeg
- pinch ginger
- 1/2 cup coconut milk

Directions
1. Preheat oven to 400.
2. In a large bowl, toss sweet potato with 1 tablespoon of the olive oil and salt. Spread on a greased baking sheet and roast 20 minutes until tender.
3. In a large pot over medium heat, add remaining olive oil, garlic, carrot and onion. Cook, stirring ntil vegetables are tender, 10 minutes. Stir in stock and add sweet potato, apple and spices and cover. Simmer for about 15 minutes.
4. Remove from heat and using an immersion blender or blender, purée until smooth. Add more stock to adjust the consistency of the soup.
5. Return soup to low heat, stir in milk and allow to simmer another 5 minutes then season to taste.

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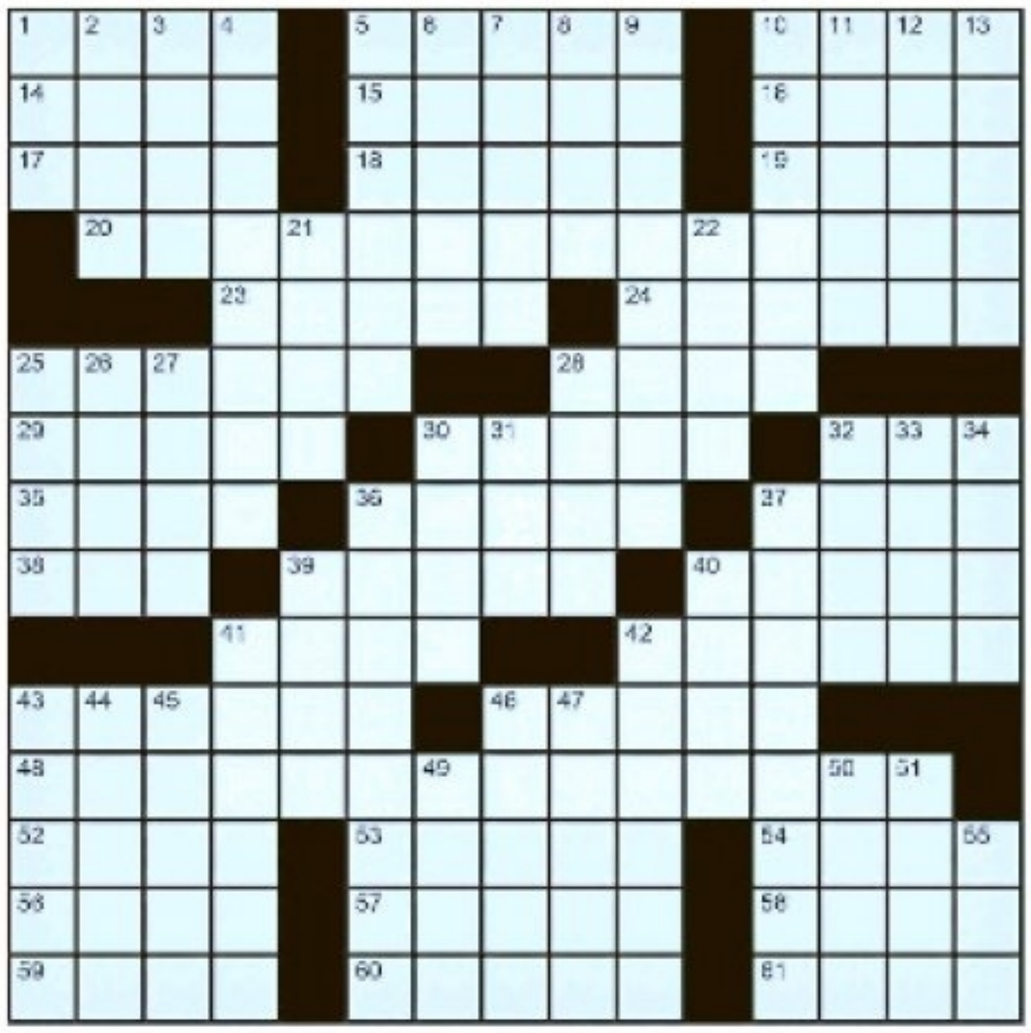
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. New newts
5. Lively dance
10. 251 in ancient Rome
14. Coalition
15. "All systems _ _!" (All set!)
16. Sir Guinness
17. _ fide
18. Road trip layover
19. 'Slithy' Lewis Carroll creature
20. 1951 World War II-set movie starring Wendell Corey, with The, directed by Toronto-born director Allan Dwan ...who also directed the movie at #48-Across: 3 wds.
23. Stacks
24. Semblances
25. Field
28. Business firm abbr.
29. Wavy silk fabric
30. Film critic Jeffrey
32. 'Most Wanted' org.
35. Alberta town
36. Wedding cake layers
37. Hospital wing
38. "Sheesh!"
39. Crowded
40. Allegiant
41. Modern-day message
42. CFL player's numbered top
43. "What _ _ to say was..."
46. Spy's old-time garment
48. Shirley Temple musical comedy of 1938, "Rebecca of _ _" (Trivia! Canadian actress Mary Pickford starred in the 1917 silent movie version)
52. Scottish tennis player Mr. Murray
53. Unusual
54. Bone to pick
56. Classical solo tune
57. Aquatic mammal
58. Highway division
59. Camping beds
60. Emperors like Genghis
61. Additional

DOWN
1. Dwindle
2. Move like a river
3. Ms. Collette
4. Outside-the-venue ticket touters
5. Play casino games
6. Try out for _ _ (Do this as an auditioner)
7. "_ _ pray..." ...said the sermon-giver
8. Arch type
9. Triangles and squares, for example
10. Feline's treat
11. Lummoxes
12. Flood-preventing formation
13. Freezers
21. Grim
22. Not theirs
25. City's air problem
26. Flag flyer
27. Cover
28. Centre
30. Laundry fuzz
31. Aye
32. Cardston, Alberta born actress Ms. Wray's (b.1907 - d.2004)
33. Hillside
34. In an overly-casual fashion
36. Standard, as a case
37. Feasible
39. Say it isn't so
40. Dining room table lengthener
41. Country legend Ms. Tucker, and namesakes
42. Wisecrackers
43. Violinist Mr. Stern
44. Nobel-winning Canadian author Alice
45. Finish the love affair: 2 wds.
46. Terra _
47. Actress Sophia
49. Baseball legend Babe
50. Existent
51. Clothing department
55. Price

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Remember that you need more rest in the next few weeks. Interactions with partners and close friends also are more important.

Taurus April 21 - May 21
Do whatever you can to feel that you are more efficient and on top of your game, as this will please you. This even applies to your health.

Gemini May 22 - June 21
Grab every chance to slip away on a vacation or to enjoy sports and playful activities with children. This is a fun time for your sign. Romance looks promising!

Cancer June 22 - July 23
For the next few weeks, your focus is on home, family and your private life. You also will enjoy cocooning at home among familiar surroundings. Interactions with a parent will be significant.

Leo July 24 - Aug. 23
Accept your busy pace of short trips and visits, because this will continue for several weeks. Discussions with siblings, neighbors and relatives are significant.

Virgo Aug. 24 - Sept. 23
Because you sense that you can earn more money, your focus right now turns to earnings and cash flow. Think about what it is that you truly value and want.

Libra Sept. 24 - Oct. 23
This is a strong, energetic time for you because the Sun is in your sign. Since people and favorable circumstances easily will come your way, take advantage of this!

Scorpio Oct. 24 - Nov. 22
Continue to work alone or behind the scenes, for best results. Start to get your ducks in a row for when the Sun enters your sign and you are strong!

Sagittarius Nov. 23 - Dec. 21
Socialize extensively now, because the focus is on groups and friends this month. Examine the role these relationships play in your life, because they are important to you.

Capricorn Dec. 22 - Jan. 20
It's easy for you to make a great impression on bosses, VIPs and parents right now. You have an advantage — make your pitch and go after what you want!

Aquarius Jan. 21 - Feb. 19
Travel will appeal to you now and in the next few weeks. Grab any opportunity to learn more and expand your experience of life.

Pisces
Feb. 20 - March 20
Tie up loose details regarding inheritances, shared property, taxes and debt, because this will be easy for you now. Look for ways to be the best that you can be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		5		1		3	
6	7	5		2		9	8	1
7								8
	9			7			1	
2								4
4	5	9		8		3	7	2
	1		7		4		6	

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